

LIFELONG RECREATION

Arts, Fitness, and Social Opportunities for People Ages 50+



Seattle
Parks & Recreation

WINTER 2026



REGISTER online at Noon:
December 9
seattle.gov/parks

Come Play with Us!

Welcome to Lifelong Recreation!

WINTER Quarter 2026

January 5-March 21

REGISTRATION

begins at **NOON**
on **December 9, 2025**

No Programs and Facilities closed on:

- January 1 New Year's Day
- January 19 MLK Jr Day
- February 16 Presidents' Day
- March 5 Staff Development
- February 17-20 Mid-Winter Break*

* During Mid-Winter Break some programs may have changes.

No
Membership
Fees!

Wondering how to register?

Detailed registration information can be found on pages 50 and 51.

Lifelong Recreation Inclement Weather Policy

When Seattle Public Schools cancels, goes to remote learning, or delays school, all Lifelong Recreation Programs will be cancelled for the day. If schools are on break Lifelong Recreation will make any needed determination regarding weather closures, call the Lifelong Recreation mainline at 206-684-4951 to hear if programs are canceled after 8:30 a.m. Recreation Specialists will attempt to notify people one day prior when possible through email or phone calls when weather is predictable.

Cold

When temperatures are predicted to be 32°F or lower during the scheduled program time, outdoor programs such as hikes and walks will be cancelled, unless specifically planned to occur in snow conditions. Field trip destinations will be taken into consideration.



Seattle Parks Lifelong Recreation Staff



Since 1975, the Seattle Parks Lifelong Recreation program has been serving the community with vibrant programs in physical activity, social engagement, travel, education, and arts for adults age 50+. We provide exceptional, accessible, and affordable programs that promote quality of life and engage our diverse community. We look forward to serving you!



Cover photo: Last year's snowshoe trip. It is offered again this year, see pages 35 or 43.

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COMMUNITY CENTER LOCATIONS



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Northwest

Gerald Seminatore, Recreation Specialist
206-233-7138 / cell 206-399-8561 / gerald.seminatore@seattle.gov

1) BALLARD CC
6020 28th Ave. NW, 98107
tel: 206-684-4093
2) BITTER LAKE CC
13035 Linden Ave. N, 98133
tel: 206-684-7524

3) GREEN LAKE CC
7201 E Green Lake Dr. N, 98115
tel: 206-684-0780
4) LOYAL HEIGHTS CC
2101 NW 77th St., 98117
tel: 206-684-4052

5) MAGNOLIA CC
Re-opening
2550 34th Ave. W, 98199
tel: 206-386-4235
6) QUEEN ANNE CC
1901 1st Ave. W, 98119
tel: 206-386-4240

Pages
20-27

Northeast

Tori Fernau, Recreation Specialist
206-386-9106 / cell 206-696-8252 / tori.fernau@seattle.gov

7) LAKE CITY CC
Closed due to fire damage
12531 28th Ave. NE, 98125
tel: 206-256-5645
8) LAURELHURST CC
4554 NE 41st St., 98105
tel: 206-684-7529
9) MAGNUSON CC
7110 62nd Ave. NE, 98115
tel: 206-684-7026

10) MEADOWBROOK CC
10517 35th Ave. NE, 98125
tel: 206-684-7522
11) MILLER CC
330 19th Ave. E, 98112
tel: 206-684-4753
12) MONTLAKE CC
1618 E Calhoun St., 98112
tel: 206-684-4736

13) NORTHGATE CC
10510 5th Ave. NE, 98125
tel: 206-386-4283
14) RAVENNA-ECKSTEIN CC
6535 Ravenna Ave. NE, 98115
tel: 206-684-7534

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28-33

Southwest

John Hasslinger, Recreation Specialist
206-256-5403 / cell 206-423-3988 / john.hasslinger@seattle.gov

15) DELRIDGE CC
4501 Delridge Way S, 98106
tel: 206-684-7423
16) HIAWATHA CC
Reopening Spring 2026
2700 California Ave. SW, 98116
tel: 206-684-7441

17) HIGH POINT CC
6920 34th Ave. SW, 98126
tel: 206-684-7422
18) SOUTH PARK CC
Reopening Spring 2026
8319 8th Ave. S, 98108
tel: 206-684-7451

19) YESLER CC
917 E Yesler Way, 98122
tel: 206-386-1245

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Southeast

Masha Shtern, Recreation Specialist
cell 206-450-9522 / masha.shtern@seattle.gov

20) GARFIELD CC
2323 E Cherry St., 98122
tel: 206-684-4788
**21) INTERNATIONAL DISTRICT/
CHINATOWN CC**
719 8th Ave. S, 98104
tel: 206-233-0042

22) JEFFERSON CC
3801 Beacon Ave. S, 98108
tel: 206-684-7481
23) RAINIER CC
4600 38th Ave. S, 98118
tel: 206-386-1919

24) RAINIER BEACH CC
8825 Rainier Ave. S, 98118
tel: 206-386-1925
25) VAN ASSELT CC
2820 S Myrtle St., 98108
tel: 206-386-1921

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Signature Programs

Dementia-Friendly Recreation
Tamara Keefe:
206-615-0100
cell 206-399-4655
tamara.keefe@seattle.gov

Rainbow Recreation
Tamara Keefe:
206-615-0100
cell 206-399-4655
tamara.keefe@seattle.gov

Outdoor Recreation
Courtney
cell 206-618-4254
sound.steps@seattle.gov

BOLLYWOOD FITNESS						
Delridge						
84500	1/9-3/20	Fri	10-11 a.m.	A Carver		\$88
BUILDING BALANCE WITH FRIENDS						
Magnuson						
85157	1/8-3/19	Thu	1-2:30 p.m.	M Kaye		\$25
BUILDING STABILITY						
Northgate						
85158	1/7-3/18	Wed	2-3 p.m.	M Kaye		\$25
CIRCUIT TRAINING						
Video Link - Bitter Lake: https://youtu.be/JpJLEntLKAM						
Video Link - Queen Anne: https://youtu.be/Faj4Hn5-fR0						
Bitter Lake						
83692	1/9-3/20	Fri	9:30-10:30 a.m.	R Buyce		\$36
Loyal Heights						
83691	1/6-3/17	Tue	9:30-10:30 a.m.	R Buyce		\$72
83690	1/8-3/19	Thu	9:30-10:30 a.m.	R Buyce		\$64
Meadowbrook						
85160	1/9-3/20	Fri	11:30 am-12:30 p.m.	R Buyce		\$80
DANCE FIT						
Delridge						
84501	1/8-3/19	Thu	10-11 a.m.	D Pierce		\$80
DANCE FITNESS						
Meadowbrook						
86164	1/7-3/11	Wed	11 a.m-Noon	K Omori		\$80
DANCE FOR PARKINSON'S						
Garfield						
	1/8-2/26	Thu	10:30 a.m.-Noon			Free
DANCE— TRADITIONAL AND CONTEMPORARY ASIAN						
Jefferson						
85468	1/6-3/17	Tue	6-7:45 p.m.	K Luo		Free
Van Asselt						
85469	1/10-3/21	Sat	2-3:45 p.m.	K Luo		Free
ENHANCE FITNESS						
Garfield						
Silver&Fit® One Pass®/Renew Active						
85454	1/5-3/16	Mon	Noon-1 p.m.	N Fraser		Free
Self-Pay						
85455	1/5-3/16	Mon	Noon-1 p.m.	N Fraser		\$72
High Point						
Silver&Fit® One Pass®/Renew Active						
84507	1/6-3/17	Tue	9:30-10:30 a.m.	N Fraser		Free
Self-Pay						
84508	1/6-3/17	Tue	9:30-10:30 a.m.	N Fraser		\$88
Jefferson						
Silver&Fit® One Pass®/Renew Active						
85450	1/8-3/19	Thu	10-11 a.m.	N Fraser		Free
Self-Pay						
85451	1/8-3/19	Thu	10-11 a.m.	N Fraser		\$80

Magnuson						
Silver&Fit® One Pass®/Renew Active						
85173	1/8-3/19	Thu	10:30-11:30 a.m.	J Shearer		Free
Self-Pay						
85174	1/8-3/19	Thu	10:30-11:30 a.m.	J Shearer		\$80
Meadowbrook						
Silver&Fit® One Pass®/Renew Active						
85167	1/5-3/16	Mon	11 a.m.-Noon	C House		Free
85169	1/6-3/17	Tue	9:40-10:40 a.m.	C House		Free
85171	1/7-3/18	Wed	9:40-10:40 a.m.	C House		Free
85165	1/9-3/20	Fri	9:40-10:40 a.m.	C House		Free
Self-Pay						
85168	1/5-3/16	Mon	11 a.m.-Noon	C House		\$72
85170	1/6-3/17	Tue	9:40-10:40 a.m.	C House		\$80
85172	1/7-3/18	Wed	9:40-10:40 a.m.	C House		\$80
85166	1/9-3/20	Fri	9:40-10:40 a.m.	C House		\$80
Miller						
Silver&Fit® One Pass®/Renew Active						
85175	1/5-3/16	Mon	10:15-11:15 a.m.	M Taplin		Free
85177	1/8-3/19	Thu	10:30-11:30 a.m.	M Taplin		Free
Self-Pay						
85176	1/5-3/16	Mon	10:15-11:15 a.m.	M Taplin		\$72
85178	1/8-3/19	Thu	10:30-11:30 a.m.	M Taplin		\$80
Montlake						
Silver&Fit® One Pass®/Renew Active						
85179	1/6-3/17	Tue	1:45-2:45 p.m.	M Taplin		Free
Self-Pay						
85180	1/6-3/17	Tue	1:45-2:45 p.m.	M Taplin		\$80
Magnolia						
Silver&Fit® One Pass®/Renew Active						
83698	1/26-3/16	Mon	Noon-1 p.m.	K Adolphsen		Free
83700	1/28-3/18	Wed	Noon-1 p.m.	K Adolphsen		Free
83696	1/30-3/20	Fri	Noon-1 p.m.	K Adolphsen		Free
Self-Pay						
83699	1/26-3/16	Mon	Noon-1 p.m.	K Adolphsen		\$56
83701	1/28-3/18	Wed	Noon-1 p.m.	K Adolphsen		\$64
83697	1/30-3/20	Fri	Noon-1 p.m.	K Adolphsen		\$64
Rainier						
Silver&Fit® One Pass®/Renew Active						
85456	1/7-3/18	Wed	10:15-11:15 a.m.	YS Gartz		Free
85452	1/9-3/20	Fri	10:15-11:15 a.m.	YS Gartz		Free
Self-Pay						
85457	1/7-3/18	Wed	10:15-11:15 a.m.	YS Gartz		\$80
85453	1/9-3/20	Fri	10:15-11:15 a.m.	YS Gartz		\$80



www.facebook.com/LifelongRecreationSPR/

NEW to EnhanceFitness?

Scan this QR code, or go to <https://bit.ly/LLREF>, to get your registration form started.



FABULOUSLY FIT

Magnolia

83702	1/28-3/18	Wed	9:30-10:45 a.m.	K Adolphsen	\$80
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FITNESS

Delridge

84509	1/7-3/18	Wed	10-11 a.m.	S Simmons	\$88
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JUICY JOINTS

Bitter Lake

83707	1/5-3/16	Mon	9-10 a.m.	J Rayer	\$72
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83708	1/7-3/18	Wed	9-10 a.m.	J Rayer	\$88
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LIMBER YARD

Magnuson

85186	1/5-3/16	Mon	2:30-3:30 p.m.	J Devlin	\$72
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Ravenna-Eckstein

85185	1/6-3/17	Tue	2:30-3:30 p.m.	J Devlin	\$88
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LINE DANCE

Video Link: <https://youtu.be/n4CVebDKpDg>

Line Dance

High Point

All Levels

84513	1/8-3/19	Thu	11:15 a.m.-12:15 p.m.	S Simmons	\$80
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Improver Class—Intermediate

84515	1/8-3/19	Thu	12:20-1:20 p.m.	S Simmons	\$80
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Queen Anne

Beginner

83711	1/5-3/16	Mon	3:30-4:30 p.m.	C Banta	\$72
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Continuing

83710	1/7-3/18	Wed	5:45-6:45 p.m.	C Banta	\$88
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Party Line Dance

Meadowbrook

All Levels

85193	1/5-3/16	Mon	12:15-1:15 p.m.	C House	\$72
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Soul Line Dance

Magnuson

Introduction

85206	1/8-3/19	Thu	11:45 a.m.-12:45 p.m.	M Silver	\$72
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Northgate

Beginner/Improving

85205	1/9-3/13	Fri	11:45 a.m.-1 p.m.	M Silver	\$90
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Rainier

85466	1/5-3/23	Mon	11:45 a.m.-12:45 p.m.	M Silver	\$80
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Tuesday Dance Party

Delridge

84532	1/6-3/17	Tue	10-11 a.m.	A Carver	\$88
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MOVE WITH EASE

Bitter Lake

83689	1/5-3/16	Mon	11:30 a.m.-12:15 p.m.	J Rayer	\$54
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MOVES AND GROOVES—DROP-IN

Bitter Lake

85886	1/7-3/18	Wed	2-3 p.m.	C Kaplan	Free
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OTAGO STRENGTH AND BALANCE PROGRAM

Montlake

85191	1/5-3/19	M/Th	1:45-2:45 p.m.	K McCrory	Free
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PILATES

Video Link: <https://youtu.be/C6iGDqezc3M>

Laurelhurst

85198	1/8-3/19	Thu	12:30-1:30 p.m.	D Dragovich	\$72
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Loyal Heights

83688	1/6-3/17	Tue	10-11 a.m.	D Dragovich	\$45
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Meadowbrook

85199	1/7-3/18	Wed	11:15 a.m.-12:15 p.m.	D Dragovich	\$80
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Ravenna-Eckstein

85476	1/10-3/21	Sat	11:30 a.m.-12:30 p.m.	D Dragovich	\$88
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STRETCH AND BALANCE					
Northgate					
<i>Beginner</i>					
85211	1/5-3/16	Mon	2-3 p.m.	M Kaye	\$25
<i>Intermediate</i>					
85210	1/9-3/20	Fri	2-3 p.m.	M Kaye	\$25
STRENGTH AND CONDITIONING					
Laurelhurst					
85209	1/6-3/17	Tue	9:15-10:15 a.m.	J Shearer	\$88
Magnuson					
85208	1/8-3/19	Thu	9:15-10:15 a.m.	J Shearer	\$80
Northgate					
85207	1/9-3/13	Fri	10:15-11:15 a.m.	M Silver	\$72
TAI CHI AND QIGONG					
Video Link: https://youtu.be/J82jluSOs5s					
Tai Chi					
Ballard					
<i>Mixed Levels Chen-Style</i>					
83720	1/5-3/16	Mon	6:30-7:30 p.m.	S House	\$72
Green Lake					
<i>All Levels</i>					
83715	1/7-3/18	Wed	10:30-11:30 a.m.	E Baxa	\$88
83716	1/7-3/18	Wed	11:45 a.m.-12:45 p.m.	E Baxa	\$88
Garfield					
<i>All Levels</i>					
85467	1/5-3/16	Mon	10:15-11:15 a.m.	E Baxa	\$72
High Point					
<i>Continuing</i>					
84525	1/5-3/16	Mon	11 a.m.-Noon	P Kelley-Elend	\$72
Loyal Heights					
<i>Beginner</i>					
83718	1/13-3/3	Tue	11:15 a.m.-12:15 p.m.	C Tan	\$64
<i>Continuing</i>					
83719	1/13-3/3	Tue	12:30-1:30 p.m.	C Tan	\$64
Montlake					
<i>All Levels</i>					
85213	1/5-3/16	Mon	12:45-1:45 p.m.	E Baxa	\$72
Queen Anne					
<i>All Levels</i>					
83717	1/8-3/19	Thu	11 a.m.-Noon	E Baxa	\$80
Ravenna-Eckstein					
<i>All Levels</i>					
85212	1/6-3/17	Tue	12:45-1:45 p.m.	E Baxa	\$88
Qigong					
Loyal Heights					
83714	1/15-2/26	Thu	11:15 a.m.-12:15 p.m.	C Tan	\$56
Northgate					
<i>Beginner</i>					
85200	1/8-3/19	Thu	11:15 a.m.-12:15 p.m.	A Peizer	\$80
<i>Ongoing</i>					
85202	1/8-3/19	Thu	12:30-1:30 p.m.	A Peizer	\$80

Ravenna-Eckstein					
<i>Beginner</i>					
85201	1/7-3/18	Wed	2-3 p.m.	A Peizer	\$88
<i>Ongoing</i>					
85203	1/7-3/18	Wed	12:45-1:45 p.m.	A Peizer	\$88



Fitness Class DROP-INS

Lifelong Recreation offers a drop-in option for a \$10 fee for fitness classes only. If you want to try a class or can't commit to the whole session, this is a great option. Call or email the Recreation Specialist to inquire if the class you are interested in has capacity to accept drop-ins, and has not been cancelled. Some classes do fill to capacity with registration. *Note: Not available for EnhanceFitness classes.*

WHOLE BODY FITNESS					
Delridge					
84536	1/5-3/16	Mon	10-11 a.m.	D Pierce	\$72
Rainier Beach					
85473	1/6-3/17	Tue	10:30-11:30 a.m.	D Pierce	Free
YOGA					
Back in Action Gentle Yoga					
High Point					
84511	1/7-3/18	Wed	11:30 a.m.-12:30 p.m.	J Reed	\$88
Chair Yoga					
Bitter Lake					
83724	1/9-3-20	Fri	1-1:45 p.m.	J Robin	\$34
Gentle Yoga					
Video Link: https://youtu.be/-rbaj950AtE					
Bitter Lake					
85944	1/14-2/25	Wed	5:30-6:30 p.m.	D Schulz	Free
Green Lake					
83725	1/5-3/16	Mon	12:30-1:30 p.m.	R MacDonald	\$72
High Point					
84510	1/5-3/16	Mon	9:45-10:45 a.m.	J Reed	\$72
84499	1/9-3/20	Fri	11:30 a.m.-12:30 p.m.	J Reed	\$88
Laurelhurst					
85182	1/8-3/19	Thu	11 a.m.-Noon	J Robin	\$72
Loyal Heights					
83726	1/5-3/16	Mon	10:45-11:45 a.m.	R MacDonald	\$72
Magnuson					
85181	1/7-3/18	Wed	10-11 a.m.	J Robin	\$88
Miller					
85848	1/12-3/23	Mon	11:45 a.m.-12:45 p.m.	L Gardener	\$72
Montlake With Chair Option					
85159	1/5-3/16	Mon	11:30 a.m.-12:30 p.m.	J Robin	\$72

Ravenna-Eckstein					
85183	1/10-3/21	Sat	10-11 a.m.	J Robin	\$88
Queen Anne					
83727	1/5-3/16	Mon	2-3 p.m.	R MacDonald	\$80
Vini Yoga					
Ballard					
83729	1/9-3/20	Fri	10:30-11:30 a.m.	M Alex	\$88
Delridge					
84533	1/7-3/18	Wed	11:15 a.m.-12:15 p.m.	A Merlo	\$88
Laurelhurst					
85215	1/6-3/17	Tue	11 a.m.-Noon	H Mair	\$88
Meadowbrook					
85216	1/5-3/16	Mon	9:30-10:30 a.m.	H Mair	\$72
85217	1/9-3/20	Fri	1:30-2:30 p.m.	H Mair	\$64
Northgate					
85214	1/8-3/19	Thu	10-11 a.m.	H Mair	\$80
Rainier Beach					
85472	1/9-3/20	Fri	10-11 a.m.	A Merlo	\$88
Yoga for Stress Relief					
Montlake					
85838	1/6-1/27	Tue	11 a.m.-Noon	Jen A	Free
ZUMBA® AND ZUMBA GOLD®					
Video Link: https://youtu.be/mzy3RR_SfuQ					
Laurelhurst					
85220	1/6-3/17	Tue	12:15-1:15 p.m.	C House	\$88
85221	1/8-3/19	Thu	9:15-10:15 a.m.	C House	\$72
Magnolia					
83730	1/5-3/16	Mon	9:30-10:30 a.m.	S Price	\$72
83731	1/29-3/19	Thu	9:30-10:30 a.m.	S Price	\$56
Queen Anne					
83732	1/9-3/20	Fri	9:30-10:30 a.m.	TBD	\$88



ADULT SPORTS

For information about any Adult Sports visit our website at:

<http://www.seattle.gov/parks/find/adult-sports-teams-and-programs>,

or contact Jayson Powell at:

206-684-7092, cell 206-295-2465,

email: jayson.powell@seattle.gov.



Pickleball at a Glance

To learn about opportunities to play pickleball in the Seattle area please visit:

<https://www.seattle.gov/parks/recreation/sports/pickleball>.

You will find information about free drop-in times, locations, and reservations at Seattle community centers with indoor and outdoor courts. No registration is required, but players must check-in at the front desk.



Come work out at our Fitness Centers

Exercise machines, free weights, and cardio equipment. Please call the corresponding community center for up to date fitness room information.

OUR FITNESS CENTERS ARE FREE!

Delridge	206-684-7423
Garfield	206-684-4788
Hiawatha (closed for renovation)	206-684-7441
International District Chinatown	206-233-7061
Loyal Heights	206-684-4052
Meadowbrook	206-684-7522
Northgate	206-386-4283
Queen Anne	206-386-4240
Rainier Beach	206-386-1925
Rainier CC	206-386-1919
Van Asselt	206-386-1921
Yesler	206-386-1245





**Green Lake Small Craft Center &
Mt. Baker Rowing and Sailing offer boating classes!**

Programs for Ages 50+ Available

Call 206-684-4074 or 206-386-1913 for more information.



Seattle
Parks & Recreation



Let us help you get your feet wet!

POOLS: YEAR-ROUND INDOOR

Ballard Pool

1471 NW 67th St. 206-684-4094

Evans Pool

7201 E Green Lake Drive N 206-684-4961

Helene Madison Pool

13401 Meridian Ave. N 206-684-4979

Meadowbrook Pool

10515 35th Ave. NE 206-684-4989

Medgar Evers Pool

500 23rd Ave. 206-684-4766

Queen Anne Pool

1920 1st Ave. W 206-386-4282

Rainier Beach Pool

8825 Rainier Ave. S 206-386-1925

Southwest Pool

2801 SW Thistle St. 206-684-7440

Wellness Aquatic Activities

Visit <http://www.seattle.gov/parks/pools.asp> for a complete list of what Seattle Pools has to offer. Our programs include:

*Lap Swim
Adult Swim
Senior Swim
Women Only Swim
Adult Swim Lessons
Shallow Water Fitness
Deep Water Fitness
Hydro-Fit
Stretch N Flex* AquaZumba*



** Low-impact and perfect for seniors looking for ways to improve joint range of motion and flexibility.*

CUSTOMER SATISFACTION SURVEY

This winter we are asking for your feedback on how we are doing. Please take the time to visit us to fill out this survey, or pick up a form in class. This satisfaction survey will help us improve our service to you. Your survey response will remain anonymous unless you ask for a follow up.

Three lucky people will win a \$50 gift card for completing the survey. Winners will be notified on March 20, 2026.

Step 1: To complete the survey use this link <https://bit.ly/474MGDk>, or scan the QR code below.



Step 2: To enter your name for the drawing use this link <https://bit.ly/4hmlWR4>, or scan the QR code below. Survey response and prize entry are separate.





Gerald Seminatore
Northwest
Recreation Specialist

206-233-7138 / cell 206-399-8561
gerald.seminatore@seattle.gov

REGISTRATION

Register for programs using the activity number listed next to each program. Registration and payment details can be found on page 50. For accommodation requests please email kyle.bywater@seattle.gov.

Departure Site Request

At the time of registration you will select your departure location from the available options. We do our best to proceed with our trips as planned; at times it is necessary to make changes to the times, cost, and destination. Please refrain from wearing fragrances.

TRIPS

Departure Sites

Ballard CC

6020 28th Ave. NW
South of bldg, angled parking lot

Bitter Lake CC

13035 Linden Ave. N
North parking lot

Departure Times

SOUTHBOUND TRIPS:

Bitter Lake: 25 minutes before time listed.

Ballard: at time listed.

NORTHBOUND TRIPS:

Ballard: 25 minutes before time listed.

Bitter Lake: at time listed.

SCHOLARSHIPS

The scholarship cycle runs June 2025-26. Have your application approved prior to registration. Those who applied for scholarships for 2024-25 will be extended through June 2026. If you do not have a scholarship currently please see details on page 50 to apply.

BACK IN MOTION

Our **Back in Motion** programs provide fitness classes and educational programs for people with chronic pain, or who are new to exercise, and are noted with a blue stripe on the class number line, like the one noted here.

RAINBOW RECREATION

Rainbow Recreation program info can be found on page 39, or search for "Rainbow" in Seattle Parks and Recreation's ACTIVE Net online registration system. Programs designated with a rainbow highlight are LGBTQ+ affirming spaces for community members and their allies.

SHAPE UP

If you are new to any **Shape Up** class, receive \$10 off your first class. You must call or register in person to receive the discount. **Shape Up** classes are noted by an orange * (asterisk) next to the registration number, e.g. 160978*.

Several classes have reduced fees thanks to a **King County Shape Up Grant**. These classes are noted by an orange Δ (triangle) next to the registration number, e.g. 160978Δ. The Shape Up \$10 off coupon is invalid for these classes.

FIELD TRIPS

Woodland Park Wild Lanterns

Be inspired by the magic of the holiday season as you stroll along the Wonderland Trail. See a spectacular world of woodland creatures, reptiles, and fish. Stop and smell the flowers, and step into a luminous celebration. And if you like, have a virtual reality tour or ride the zoo's historic carousel.

Southbound

83704 1/9 Fri 4-9 p.m. \$68

Burke Museum

Did you know that the University of Washington's Burke Museum is the official museum of the State of Washington? The museum boasts a collection of more than 16 million artifacts, including dinosaur bones, fossils, Northwest native art, plant and animal collections, and cultural pieces from across the globe. We will tour the museum and then have lunch, pay on your own, at the inviting museum café.

Southbound

83703 1/28 Wed 10:30 a.m.-2:30 p.m. \$48

Henry Art Tour

Ryan Henry Ward's hundreds of murals around Seattle are public art at its most cheerful and whimsical. The tour will view over 20 of Henry's most colorful outdoor and indoor murals at different locations. The tour includes visits to two brew pubs to get a drink and eat a snack, pay on your own. We will also stop at Henry's gallery on Seattle's world-famous waterfront, and learn about how Seattle has become a mecca for artists.

Southbound

85809 2/12 Thu 10 a.m.-3 p.m. \$78

Wintergrass Festival

Wintergrass is a full-immersion musical experience in Bellevue—bluegrass to oldtime, choro to polska, folk to celtic, and much more. You might find yourself dancing with happy people, and no earplugs needed! It's like a massage for your heart and soul. Performer lineup is TBA. Lunch, pay on your own, onsite or in the neighborhood.

Southbound

85810 2/20 Fri 10 a.m.-4 p.m. \$142

**Chihuly Garden and Glass**

Join us for an outing to explore Dale Chihuly's stunning glass art installations in the heart of Seattle Center. Includes time to stroll through vibrant indoor galleries and the outdoor garden, enjoy lunch on-site, pay on your own, and browse the gift shop. A perfect blend of art, nature, and relaxation. Reduced trip fee made possible through the Chihuly Garden's Community Enrichment Program.

Southbound

83705 3/4 Wed 10 a.m.-3 p.m. \$16

Beneath the Streets

Get to know Seattle's first established neighborhood, Pioneer Square, by walking its underground pathways as they existed in the 1890s in the company of a local guide. This is a TripAdvisor "Best of the Best" tour. Lunch, pay for on your own, with the group following the tour. Note: There are 3 flights of stairs, up and down each flight, throughout the 1-hour tour, about 1 mile long.

Southbound

83706 3/11 Wed 10 a.m.-3 p.m. \$58

SOCIAL PROGRAMS

Crafts

Drop-In Craft Circle

Drop-in and knit, crochet, etc. We donate our creations (hats, scarves, blankets, and baby clothes) to charity. Bring your project and socialize with others.

Queen Anne

83694 1/8-4/2 Thu 1:30-4 p.m. Free

Games

Drop-In Board Game Buffet

An assortment of board games is on offer for self-directed play with old friends, or friends you just met. Get up and move with ping pong or pool, or kick back with a video game. Volunteers and visitors are welcome to develop their own ideas and activities in a multi-purpose space, inquire with staff.

Queen Anne

85806 1/9-3/27 Fri 10 a.m.-1 p.m. Free

Drop-In Bridge

Enjoy a game of bridge.

Magnolia United Church of Christ,
3555 West McGraw St.

Call Lance at 206-285-1008 to reserve a spot

Mixed Levels

85888 1/7-3/25 Wed 12:30-3:30 p.m. Free

Queen Anne

Mixed Levels

83693 1/6-3/31 Tue 12:30-3:30 p.m. Free

Drop-In Mahjong

Play this fun game using Chinese tiles. Bring your Mahjong set if you have one. Beginners welcome.

Queen Anne

All Levels

83695 1/9-4/3 Fri 1:30-4:30 p.m. Free

ARTS AND HANDWORK

Art of Collage

Collage is an art form made up of overlapping pieces of material, such as photographs, fabric, colored and textured paper, and other types of mixed media. This class will be an opportunity to explore, create, and socialize with others. A supply list will be provided before the first class.

Ballard

85808 1/13-2/3 Tue 10:30 a.m.-Noon F Gray \$48

Loyal Heights

83722 2/2-3/2 Mon 1:30-3 p.m. LC Marvet \$48

Drawing: Foundational Skills

This class emphasizes an intuitive method of drawing that engages visual perception and the development of technical skill. Participants will discover their innate drawing abilities while strengthening observational skills and enhancing artistic confidence. Instructor will supply a materials list before the first class.

Bitter Lake

85805 1/6-3/3 Tue 10:30 a.m.-Noon K Fitzharris \$96

Beginning Watercolor

If you are picking up brushes for the first time, this class is for you! An introduction to basic watercolor techniques, and an opportunity to flex your creative muscles. A supply list will be provided before the first class, and we will also have some on hand. Offered in partnership with Seniors Creating Art. Please read the guidelines in the online listing carefully before registering.

Ballard

85817 2/24-3/17 Tue 10:30 a.m.-Noon Free

Watercolor with Sandra Kahler

Get support, instruction, and encouragement for working with watercolors. Previous experience recommended. Bring your own supplies to each class; the instructor will provide a materials list. Each class includes a group lesson and demonstration.

Loyal Heights

83721 1/12-3/16 Mon 10:30 a.m.-1 p.m. S Kahler \$92

LIFELONG LEARNING

Drop-In Online Registration Support

Drop-In support hours with Lifelong Recreation staff before spring registration opens. Learn how to access your ACTIVENet account, how to register, make a wish list, make a payment, and other tips and tricks! Bring your own smart phone, laptop, or tablet to practice. Public Wi-Fi available.

Bitter Lake

85855 2/11 Wed 10 a.m.-Noon Free

Queen Anne

85856 2/19 Thu 10 a.m.-Noon Free

Creating Poetry

Enjoy a variety of poetry and writing activities as we share in the joy of organizing and creating our own words and thoughts on paper. Each class will have a different theme, devices and subject matter. We will build poetry together! Please bring a journal or notebook and prepare to be surprised.

Ballard

85947 1/15-3/19 Thu 10:30 a.m.-Noon A Kamerow \$80



DROP-IN SPORTS

Pickleball at a Glance

See page 10 for community center information for indoor drop-in pickleball play.

SPORTS

Bettyball

Bettyball is an unskilled and quirky version of pickup basketball for adults. It's played on a half court with few rules to follow, and no score keeping. It is a great community builder for older adults who want to have fun in a friendly group while staying in shape. Laughter is encouraged! **Registration required for participation.**

Green Lake

83687 1/5-3/16 Mon 10:30 a.m.-Noon Volunteers Free

Queen Anne

85804 1/8-3/19 Thu 1-2:45 p.m. Volunteers Free

Pickleball Skills—Beginner

Have you been curious about pickleball and wanted to give it a try? In this class, you'll learn the fundamentals of the game and play in a relaxed environment with others.

Loyal Heights

83713 1/12-2/9 Mon 9:30-10:45 a.m. J Pilgrim-Stoppel \$40

Pickleball Skills—Continuing

This class picks up where the quarter's Beginning sequence left off. For players who have the fundamentals in hand and want to further develop their skills.

Loyal Heights

83712 2/23-3/16 Mon 9:30-10:45 a.m. J Pilgrim-Stoppel \$40

FITNESS CLASSES

Please note: Fees may vary due to number of days a class is offered, seasonal holidays, center closures, etc. Participate at your own level of intensity, wear comfortable clothing, and bring a water bottle. An * (asterisk) notes a *Shape Up* class, see orange box on page 13 for details. A Δ (triangle) notes a reduced class fee made possible by a *King County Shape Up Grant*.

Aerobics and Dance

Juicy Joints

Learn fluid, stretchy movements that get your heart going, build your balance, and make your joints juicier! The second half includes toning with free weights and exercise for injury prevention.

Bitter Lake

83707*	1/5-3/16	Mon	9-10 a.m.	J Rayor	\$72
83708*	1/7-3/18	Wed	9-10 a.m.	J Rayor	\$88

Line Dance

Work out with your mind and body. Learn new dance patterns to some great music.

Queen Anne

Beginner

83711	1/5-3/16	Mon	3:30-4:30 p.m.	C Banta	\$72
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Continuing

83710	1/7-3/18	Wed	5:45-6:45 p.m.	C Banta	\$88
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Move with Ease

Strengthen and tone all muscle groups for improved health and fitness in this low-level fitness class. Great for those who are just starting an exercise regimen, or those who want to stay fit but need an assist from a chair for balance or support.

Bitter Lake

83689*	1/5-3/16	Mon	11:30 a.m.-12:15 p.m.	J Rayor	\$54
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Drop-In Moves and Grooves

A fun dance fitness class for all levels of mobility. Movement modifications can be made according to a participant's individual needs. Learn about your own body's ability to heal and revitalize as you dance. Taught by a physical therapist. **Registration required for participation.**

Bitter Lake

85886	1/7-3/18	Wed	2-3 p.m.	C Kaplan	Free
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Zumba Gold®

Ditch the workout, join the party! Fun is the key ingredient to this low-impact Latin-inspired dance fitness class. No rhythm required. Try a class and leave happy!

Magnolia

83730	1/5-3/16	Mon	9:30-10:30 a.m.	S Price	\$72
83731	1/29-3/19	Thu	9:30-10:30 a.m.	S Price	\$56

Queen Anne

83732	1/9-3/20	Fri	9:30-10:30 a.m.	TBD	\$88
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Strength and Conditioning

Circuit Training

Become a stronger you! Circuit training strengthens your major muscle groups as you rotate among training stations.

Bitter Lake

83692Δ	1/9-3/20	Fri	9:30-10:30 a.m.	R Buyce	\$36
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Loyal Heights

83691*	1/6-3/17	Tue	9:30-10:30 a.m.	R Buyce	\$72
83690*	1/8-3/19	Thu	9:30-10:30 a.m.	R Buyce	\$64

Fitness Class DROP-INS

Lifelong Recreation offers a drop-in option for a \$10 fee for fitness classes only. If you want to try a class or can't commit to the whole session, this is a great option. Call or email the Recreation Specialist to inquire if the class you are interested in has capacity to accept drop-ins, and has not been cancelled. Some classes do fill to capacity with registration. Note: Not available for EnhanceFitness classes.

*Class qualifies for \$10 off **SHAPE UP COUPON** if you are a new student.

ΔReduced class fee made possible by a *King County Shape Up Grant*.

EnhanceFitness

Improve your endurance, strength, balance, posture, and flexibility through adaptable exercise movements. Standards for measurement will document your progress. For this class, NEW participants or those who have not participated in over a year must submit an application prior to registration. Only members with Medicare Advantage with Silver&Fit® or OnePass®/Renew Active as a benefit qualify for free participation. Silver&Fit® and OnePass®/Renew Active participants must provide their Fitness ID Number on their application. **The online application and program information are located on the LLR website at <https://www.seattle.gov/parks/find/for-adults-50>, or <https://bit.ly/LLREF>.** If you are unable to access forms electronically, you can pick up paper forms from a community center offering EnhanceFitness classes. Participants will be notified via email when their application has been processed and they are eligible to register for classes.

NOTE: American Specialty Health (ASH) Silver&Fit®, and OnePass®/Renew Active will cover in-person classes and is limited to 10 visits a month.

To learn more about EnhanceFitness, Silver&Fit®, or One Pass®/Renew Active visit:

<http://projectenhance.org/enhancefitness/>,

<https://www.silverandfit.com/>, or

<https://www.youronepass.com>.

SPECIAL NOTE: Changes to insurance programs occur annually and can affect eligibility for free participation in EnhanceFitness classes. Beginning January 1st you must have a current Silver&Fit® or One Pass® Fitness ID number to qualify for FREE participation.

Magnolia

Silver&Fit® | One Pass®/Renew Active

83698	1/26-3/16	Mon	Noon-1 p.m.	K Adolphsen	Free
83700	1/28-3/18	Wed	Noon-1 p.m.	K Adolphsen	Free
83696	1/30-3/20	Fri	Noon-1 p.m.	K Adolphsen	Free

Self-Pay

83699	1/26-3/16	Mon	Noon-1 p.m.	K Adolphsen	\$56
83701	1/28-3/18	Wed	Noon-1 p.m.	K Adolphsen	\$64
83697	1/30-3/20	Fri	Noon-1 p.m.	K Adolphsen	\$64

Fabulously Fit

Learn how to improve endurance, strength, agility, core, balance, flexibility, and range of motion.

Magnolia

83702 1/28-3/18 Wed 9:30-10:45 a.m. K Adolphsen \$80



*Class qualifies for \$10 off **SHAPE UP COUPON** if you are a new student.

Δ Reduced class fee made possible by a **King County Shape Up Grant**.

Tai Chi and Qigong

Tai Chi

Maintain and restore bone mass, equilibrium, and poise, while playfully exploring vital energy.

Ballard —Back in Motion Class

Mixed Levels Chen-Style

83720	1/5-3/16	Mon	6:30-7:30 p.m.	S House	\$72
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Green Lake —Back in Motion Class

*All Levels *if you have little or no Tai Chi experience we recommend you register for the 10:30 a.m. class*

83715	1/7-3/18	Wed	10:30-11:30 a.m.	E Baxa	\$88
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83716	1/7-3/18	Wed	11:45 a.m.-12:45 p.m.	E Baxa	\$88
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Loyal Heights —Back in Motion Class

Beginner

83718*	1/13-3/3	Tue	11:15 a.m.-12:15 p.m.	C Tan	\$64
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Continuing

83719	1/13-3/3	Tue	12:30-1:30 p.m.	C Tan	\$64
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Queen Anne —Back in Motion Class

All Levels

83717	1/8-3/19	Thu	11 a.m.-Noon	E Baxa	\$80
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Qigong

Qigong ("chee gong") and Tai Chi bring great benefits for fitness, disease prevention, and improved balance. Qigong is the foundation of Tai Chi and is recommended as a complementary practice for stress reduction, increasing vital energy, and flexibility. Styles taught in class: Taiji Qigong 18, and the Eight Pieces of Brocade.

Loyal Heights —Back in Motion Class

83714*	1/15-2/26	Thu	11:15 a.m.-12:15 p.m.	C Tan	\$56
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Yoga and Pilates

We have a limited supply of yoga and pilates gear for new participants. We recommend you bring your own equipment.

NEW Pilates

Pilates focuses on strengthening and toning the body, particularly the core muscles. It involves precise, controlled movements that improve flexibility, posture, and body awareness. Much of the work is done on the floor.

Loyal Heights

83688Δ	1/6-3/17	Tue	10-11 a.m.	D Dragovich	\$45
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Yoga

Stretch and move with awareness, correct alignment, and focus on breath to increase strength, stamina, improve flexibility, develop better balance, posture, and peace of mind. Non-flow style unless noted.

Chair Yoga

Bitter Lake

83724Δ	1/9-3-20	Fri	1-1:45 p.m.	J Robin	\$34
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Gentle Yoga

Bitter Lake *Registration required to participate*

85944	1/14-2/25	Wed	5:30-6:30 p.m.	D Schulz	Free
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Green Lake

83725	1/5-3/16	Mon	12:30-1:30 p.m.	R MacDonald	\$72
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Loyal Heights

83726*	1/5-3/16	Mon	10:45-11:45 a.m.	R MacDonald	\$72
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Queen Anne

83727	1/5-3/16	Mon	2-3 p.m.	R MacDonald	\$80
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Vini Yoga

Ballard

83729	1/9-3/20	Fri	10:30-11:30 a.m.	M Alex	\$88
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Class qualifies for \$10 off **SHAPE UP COUPON if you are a new student.*

*ΔReduced class fee made possible by a **King County Shape Up Grant**.*



Tori Fernau
Northeast
Recreation Specialist

206-386-9106 / cell 206-696-8252
tori.fernau@seattle.gov

REGISTRATION

Register for programs using the activity number listed next to each program. Registration and payment details can be found on page 50. For accommodation requests please email kyle.bywater@seattle.gov.

SCHOLARSHIPS

The scholarship cycle runs June 2025-26. Have your application approved prior to registration. Those who applied for scholarships for 2024-25 will be extended through June 2026. If you do not have a scholarship currently please see details on page 50 to apply.

TRIPS

Departure Sites And Times

Magnuson Building 30

6310 NE 74th St.

Depart 20 minutes before time listed.

Meadowbrook CC

10517 35th Ave. NE

Depart at time listed.

Northgate Transit Station

10200 1st Ave NE

Passenger Pick Up/Drop Off Zone near South Entrance (B2)

Depart 40 minutes before time listed.

Departure Site Request

When you register please select your departure site from the available options. Please refrain from wearing fragrances on trips.

BACK IN MOTION

Our [Back in Motion](#) programs provide fitness classes and educational programs for people with chronic pain, or who are new to exercise, and are noted with a blue stripe on the class number line, like the one noted here.

RAINBOW RECREATION

Rainbow Recreation program info can be found on page 39, or search for "Rainbow" in Seattle Parks and Recreation's ACTIVE Net online registration system. Programs designated with a rainbow highlight are LGBTQ+ affirming spaces for community members and their allies.

FIELD TRIPS

Chocolate Tour and Tasting

A private tour of Spinnaker Chocolate where we'll learn about their chocolate making process from bean to finished bars. Samples included. Afterwards, we will stop by Cocoa Legato, another local chocolate maker, where we will spend some time at their café. Optional treats and beverages available for purchase, pay for on your own. A short but sweet half day trip!

85788 1/27 Tue 12:40-5 p.m. \$32

Washington State History Museum in Tacoma

Explore Washington State's people, places, and impact through interactive exhibits drawn from the Historical Society's collections and other traveling exhibits. Afterwards, enjoy lunch in Tacoma at one of the nearby restaurants, pay for on your own, or take a short walk to the Chihuly Bridge of Glass. Note: This trip will involve a lot of walking, mostly paved surfaces.

85790 2/11 Wed 9:40 a.m.-4 p.m. \$54

Edison Bird Festival Chicken Parade

Edison is an artistic town in the Skagit County that hosts the quirky Bird and Chicken Parade every year. We'll head to the parade together, where participants dress up as chickens for a clucking good time! Afterwards, there will be time to explore in Edison, which is rich in art galleries, shops, and cafés. We'll make a birding stop in Skagit Valley on the way back. Trip is rain or shine, though in cases of heavy rain, we may make alternate plans after the parade. Note: 4-8 blocks on flat, paved and gravel surfaces. **Offered jointly in NE and SE sectors.**

85792 2/22 Sun 8:20 a.m.-5 p.m. \$35

Buffalo Soldiers Museum

The Buffalo Soldiers Museum in Tacoma showcases the military history and contributions of the American Buffalo Soldiers in World War I and II. Including significant history in Washington State, the museum shares accounts of the challenges and triumphs of the African American soldiers who served in these units. Lunch, pay for on your own, in Tacoma after. Note: The site has an ADA ramp.

85793 3/2 Mon 9:40 a.m.-3:30 p.m. \$29

Quilt Show in Monroe

"Surrounded by Color" is the theme for the 44th Annual Quilters Anonymous Quilt Show at the Evergreen State Fairgrounds in Monroe. It will be showcasing over 400 quilts in categories ranging from traditional styles to art quilts. Quilt related goods for sale in the Merchants Mall, and free demos throughout the day. Bring a sack lunch, or purchase food onsite, pay for on your own. Note: Lots of walking, mostly paved surfaces.

85794 3/13 Fri 9:40 a.m.-4 p.m. \$55

Seattle Aquarium and Waterfront

The Seattle Aquarium opened in 1977, recently expanding to include the Ocean Pavilion in August 2024. Spend time in this living classroom and discover the connection between all waters, from the Salish Sea to the Coral Triangle and beyond! Afterwards, walk the Seattle Waterfront or enjoy lunch, pay for on your own, at one of the many nearby restaurants.

85887 3/16 Mon 9:40 a.m.-3:30 p.m. \$16

SOCIAL PROGRAMS



Book Clubs

Explore new books, ask interesting questions, listen to different points of view, hear varied interpretations, metaphors, and themes. ***If you need a current book list for NE, please contact the NE Recreation Specialist; for Rainbow at Miller, please contact the Rainbow Recreation Specialist.***

Laurelhurst Book Group

Meets the 3rd Wednesday of each month: 1/21, 2/18, and 3/18.

85184 Wed 2:15-3:15 p.m. Free

Meadowbrook Book Club

Meets the 3rd Thursday of each month, *except February: 1/15, *2/26, and 3/19.

85188 Thu Noon-1 p.m. Free

Miller LGBTQ+ Affirming Book Group

See Rainbow page 39 for details.

85849 3/11 Wed 2-3:30 p.m. Free

Northgate Book Club

Meets the 2nd Tuesday of each month: 1/13, 2/10, and 3/10.

85190 Tue 3-4:30 p.m. Free

Ravenna Evening Book Group

Meets the 2nd Monday of each month: 1/12, 2/9, and 3/9.

85204 Mon 6:30-8 p.m. Free

Games

Drop-In Bridge

Drop-In play for bridge players, all levels. No lessons.

Montlake

1/9-4/3 Fri 1:30-3:45 p.m. Free

Northgate

1/5-3/30 Mon 1-3 p.m. Free

Drop-In Mahjong

Drop-In and play mahjong, for experienced players.

Laurelhurst

1/6-3/31 Tue 11 a.m.-1:45 p.m. Free

Magnuson

1/8-4/2 Thu 10 a.m.-1 p.m. Free

Mahjong Lessons

Mahjong bears a great resemblance in play to certain card games, namely those of the Rummy family and is fun to play. This class will introduce beginners to the basic rules and regulations of the National Mahjong League game. Class size is limited to 5 participants so register early.

Northgate

85187 1/8-2/5 Thu 9:30-11 a.m. \$24

ARTS AND HANDWORK

Meadowbrook Craft Club

Bring your own supplies to craft alongside others! This is an open space for creating, socializing, and community. Beading, sewing, knitting, scrapbooking, coloring—whatever your current projects are! This is not a class with instruction. **Registration required.** Meets the 2nd and 4th Thursdays of the month: 1/8, 1/22, 2/12, 2/26, 3/12, and 3/26. Note: On the 4th Thursdays the group will meet upstairs.

Meadowbrook

85189 Thu 11 a.m.-1 p.m. Free

Painting in the Community

Join others to paint as a community of artists in any water medium, using your own supplies. There is no formal teaching during this time. There is plenty of peer suggestion and support! Registration required. *No class 2/17.*

Meadowbrook

85192 1/6-3/17 Tue 10 a.m.-12:30 p.m. Free

Watercolor with Sandra Kahler

Bring your paints, brushes, and joy of painting. A demonstration is taught after each lesson with instruction. Some experience recommended. Bring your own watercolor supplies. *No class 2/19.*

Meadowbrook

85218 1/8-3/12 Thu 10 a.m.-12:30 p.m. S Kahler \$92

LIFELONG LEARNING

NEW AARP: Brain Health

Discover lifestyle choices that can promote a healthy brain, and explore the 6 pillars of brain health. This is an interactive workshop facilitated by AARP.

Montlake

85846 2/10 Tue 11 a.m.-1 p.m. Free

Northgate

85839 2/18 Wed 11 a.m.-1 p.m. Free

NEW Community CPR Training

This class will be facilitated by Seattle Fire Department's Medic 2 Bystander CPR Training Program. They will cover adult, child, and infant CPR, choking interventions, and use of the Automated External Defibrillator (AED). Note: This is not a certification class. If you want receive a certification for this class, plan to stay 30 minutes after class for the test, and bring \$30 cash or check made payable to Medic 2.

Northgate

85850 1/16 Fri 10:30 a.m.-12:30 p.m. Free

Write Your Own Story

Write what you want on your own. Read it to the group and listen. Inspire and be inspired. Save your writing for loved ones or write for the pleasure of writing. Note: This is not a writing class. *No program 2/17.*

Meadowbrook

85219 1/6-3/17 Tue 10:45 a.m.-12:45 p.m. \$10

Tech Time

Pre-Online Registration Support—Drop-In

Drop-In Support Hours with LLR staff the week before registration opens. Learn how to access your ACTIVE Net account, how to register, make a wish list, make a payment, and other helpful tips and tricks! Feel free to bring your own smart phone, laptop, or tablet to practice on. Public Wi-Fi available at the center. You do not need to register in advance.

Before Winter 2026 Registration Opens

Meadowbrook

81502	11/21	Fri	9 a.m.-Noon	Free
81501	11/24	Mon	10-11:30 a.m.	Free

Before Spring 2026 Registration Opens

Miller

85785	2/23	Mon	11 a.m.-1 p.m.	Free
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Meadowbrook

85786	2/27	Fri	10 a.m.-12:30 p.m.	Free
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DROP-IN SPORTS

Pickleball at a Glance

See page 10 for community center information for indoor drop-in pickleball play.

SPORTS

Pickleball Skills

Pickleball Skills—Beginner

Learn the basic strokes, rules, and strategies of pickleball. This class includes one hour of instruction and 30 minutes practice time. Once you've learned the basics, you can join our drop-in play across most of the community centers in Seattle. Please bring your own water bottle.

Meadowbrook

85196	1/6-2/3	Tue	Noon-1:30 p.m.	M Bisch	\$60
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Pickleball Skills—Beyond Beginner

Prerequisite: Players should have experience with Pickleball, know the basic rules and how to keep score. They get at least 50% of their serves and returns in play. *No class 2/17.*

Meadowbrook

85197	1/6-2/3	Tue	1:45-3:15 p.m.	M Bisch	\$60
85194	2/10-3/17	Tue	Noon-1:30 p.m.	M Bisch	\$60

Pickleball Skills—Intermediate

The goal of this class is to challenge and help you continue to move to the next level with your skills in areas such as: doubles court strategy, stacking, defensive and offensive lobbing. We can assist you with preparing for tournaments (if interested). Instructor: M Bisch. No Prerequisites: Player knows the rules of Pickleball including net rules, kitchen lines. They can position themselves appropriately on the court and move quickly to the net, sustain rallies easily with strategic hits, serves and returns are in play and consistent (80%). They understand not to pop dinks, understand hard and soft game, and can work with partner to win a point. *No class 2/17.*

Meadowbrook

85195	2/10-3/17	Tue	1:45-3:15 p.m.	M Bisch	\$60
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FITNESS

Please note: Fees may vary due to number of days a class is offered, seasonal holidays, center closures, etc. Participate at your own level of intensity, wear comfortable clothing, and bring a water bottle.

Aerobics and Dance

NEW Dance Fitness

Dance, fitness, and fun! Come workout while enjoying an hour of movement and music. No equipment or experience required.

Meadowbrook

86164 1/7-3/11 Wed 11 a.m.-Noon K Omori \$80

Line Dance Party at High Point TRANSPORTATION

Sign up here for a van ride to the Line Dance Party on March 20 at High Point CC in West Seattle. This is TRANSPORTATION only, you still need to register and pay for the event separately, #84514—see SW Special Events on page 30. Lifelong Staff will contact you the week prior to confirm your preferred departure site.

Departure sites: Magnuson CC at 12:15 p.m., or Northgate CC at 12:45 p.m.

85795 3/20 Fri 12:15-5 p.m. \$8

Party Line Dance

Learn how to do the line dances that pop up at celebrations. This class will introduce you to party dances such as Electric and Cha Cha Slide, the Cupid Shuffle, and other popular country and southern line dances.

Meadowbrook

85193 1/5-3/16 Mon 12:15-1:15 p.m. C House \$72

Soul Line Dance

A fun, energetic class for the mind, body, and soul! Come learn easy choreographed dance steps while groovin' to sweet soul music. Reap the benefits of exercise, building community, and overall good health. *No class Thursday 1/15 and Friday 1/16.*

Magnuson

Introduction to Soul Line Dance—Learn the basic steps!

85206 1/8-3/19 Thu 11:45 a.m.-12:45 p.m. M Silver \$72

Northgate

Beginner/Improving

85205 1/9-3/13 Fri 11:45 a.m.-1 p.m. M Silver \$90

Zumba Gold®

Ditch the workout, join the party! Fun is the key ingredient to this low-impact Latin-inspired dance fitness class. No rhythm required. Try a class and leave happy! *No class Thursday 2/12.*

Laurelhurst

85220 1/6-3/17 Tue 12:15-1:15 p.m. C House \$88

85221 1/8-3/19 Thu 9:15-10:15 a.m. C House \$72

Strength and Conditioning

Building Balance with Friends

Balance's many dimensions work together to keep you upright and active. This class is an opportunity to build your balance skills through playful exercises and the company of new friends. Let's keep the workout lighthearted! Each class includes a walk in the surrounding neighborhood. Bring your willingness and water bottle. **Registration is required to take this course.**

Magnuson

85157 1/8-3/19 Thu 1-2:30 p.m. M Kaye \$25

Building Stability

Exercise in a circuit training format with stations focused on strengthening your stability and balance. Personalize your workout by choosing your level of challenge for each activity.

Northgate

85158 1/7-3/18 Wed 2-3 p.m. M Kaye \$25

Circuit Training

Become a stronger you! In this fitness program you will move from one strength training station to the next with cardio intervals in-between. *No class 2/20.*

Meadowbrook

85160 1/9-3/20 Fri 11:30 am-12:30 p.m. R Buyce \$80

EnhanceFitness

Improve your endurance, strength, balance, posture, and flexibility through adaptable exercise movements. Standards for measurement will document your progress. For this class, NEW participants or those who have not participated in over a year must submit an application prior to registration. Only members with Medicare Advantage with Silver&Fit® or OnePass®/Renew Active as a benefit qualify for free participation. Silver&Fit® and OnePass®/Renew Active participants must provide their Fitness ID Number on their application. **The online application and program information are located on the LLR website at <https://www.seattle.gov/parks/find-for-adults-50>, or <https://bit.ly/LLREF>.** If you are unable to access forms electronically, you can pick up paper forms from a community center offering EnhanceFitness classes. Participants will be notified via email when their application has been processed and they are eligible to register for classes.

NOTE: American Specialty Health (ASH) Silver&Fit®, and OnePass®/Renew Active will cover in-person classes and is limited to 10 visits a month.

To learn more about EnhanceFitness, Silver&Fit®, or One Pass®/Renew Active visit:

<http://projectenhance.org/enhancefitness/>,

<https://www.silverandfit.com/>, or

<https://www.youronepass.com>.

SPECIAL NOTE: Changes to insurance programs occur annually and can affect eligibility for free participation in EnhanceFitness classes. Beginning January 1st you must have a current Silver&Fit® or One Pass® Fitness ID number to qualify for FREE participation.

Magnuson

Silver&Fit® | One Pass®/Renew Active

85173	1/8-3/19	Thu	10:30-11:30 a.m.	J Shearer	Free
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Self-Pay

85174	1/8-3/19	Thu	10:30-11:30 a.m.	J Shearer	\$80
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Meadowbrook No class 2/17, 2/18, and 2/20

Silver&Fit® | One Pass®/Renew Active

85167	1/5-3/16	Mon	11 a.m.-Noon	C House	Free
85169	1/6-3/17	Tue	9:40-10:40 a.m.	C House	Free
85171	1/7-3/18	Wed	9:40-10:40 a.m.	C House	Free
85165	1/9-3/20	Fri	9:40-10:40 a.m.	C House	Free

Self-Pay

85168	1/5-3/16	Mon	11 a.m.-Noon	C House	\$72
85170	1/6-3/17	Tue	9:40-10:40 a.m.	C House	\$80
85172	1/7-3/18	Wed	9:40-10:40 a.m.	C House	\$80
85166	1/9-3/20	Fri	9:40-10:40 a.m.	C House	\$80

Miller

Silver&Fit® | One Pass®/Renew Active

85175	1/5-3/16	Mon	10:15-11:15 a.m.	M Taplin	Free
85177	1/8-3/19	Thu	10:30-11:30 a.m.	M Taplin	Free

Self-Pay

85176	1/5-3/16	Mon	10:15-11:15 a.m.	M Taplin	\$72
85178	1/8-3/19	Thu	10:30-11:30 a.m.	M Taplin	\$80

Montlake No class 2/17

Silver&Fit® | One Pass®/Renew Active

85179	1/6-3/17	Tue	1:45-2:45 p.m.	M Taplin	Free
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Self-Pay

85180	1/6-3/17	Tue	1:45-2:45 p.m.	M Taplin	\$80
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Otago Strength and Balance Program

This evidence-based program is shown to reduce falls up to 35%! Otago is a structured class that meets twice a week and is composed of 17 strength and balance exercises. The instructor will conduct a fall assessment on the 1st and last day of class. Benefits include balance, strength, fitness and well being. This class is being sponsored by Group Otago. **Registration is required to take this course.** No class 2/16-3/5.

Montlake

85191	1/5-3/19	M/Th	1:45-2:45 p.m.	K McCrory	Free
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Strength and Conditioning

ENERGIZE your day stretching, swooping, and strengthening! Michelle will wind you through a series of exercises to build strength, flexibility, balance, and achieve better overall conditioning. This class will leave you feeling happy and connected. *No class Friday 1/16.*

Laurelhurst

85209	1/6-3/17	Tue	9:15-10:15 a.m.	J Shearer	\$88
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Magnuson

85208	1/8-3/19	Thu	9:15-10:15 a.m.	J Shearer	\$80
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Northgate

85207	1/9-3/13	Fri	10:15-11:15 a.m.	M Silver	\$72
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Stretch and Balance—Beginner

AAAHH! A body that feels good! Stretches designed to end everyday pain, plus strengthening balance skills, to build a body ready and eager to take on whatever life has to offer.

Northgate—Back in Motion Class

85211	1/5-3/16	Mon	2-3 p.m.	M Kaye	\$25
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Stretch and Balance —Intermediate

Standing, seated, and on the floor, you will explore ways to go deeper with stretches for your whole body. Balance challenges round out the program.

Northgate

85210	1/9-3/20	Fri	2-3 p.m.	M Kaye	\$25
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Tai Chi and Qigong

Tai Chi

Maintain and restore bone mass, equilibrium, and poise, while playfully exploring vital energy. Yang-style.

Montlake

All Levels

85213	1/5-3/16	Mon	12:45-1:45 p.m.	E Baxa	\$72
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Ravenna-Eckstein

All Levels

85212	1/6-3/17	Tue	12:45-1:45 p.m.	E Baxa	\$88
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Qigong/Tai Chi—Beginner

Relaxing, ancient, meditative qigong moves, connected to the five elements, are taught followed by the beginning steps of the Yang style short form of Tai Chi. No experience necessary.

Beginner—No experience necessary

Northgate

85200	1/8-3/19	Thu	11:15 a.m.-12:15 p.m.	A Peizer	\$80
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Ravenna-Eckstein

85201	1/7-3/18	Wed	2-3 p.m.	A Peizer	\$88
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Ongoing—Prior attendance in Annette Peizer's Beginner Class is required

Northgate

85202	1/8-3/19	Thu	12:30-1:30 p.m.	A Peizer	\$80
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Ravenna-Eckstein

85203	1/7-3/18	Wed	12:45-1:45 p.m.	A Peizer	\$88
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Yoga and Pilates

We have a limited supply of yoga and pilates gear for new participants. We recommend you bring your own equipment.

Limber Yard

Improve your core strength, posture, flexibility, coordination, and balance using floor exercises inspired by functional movement, Pilates, and Buff Bones. This class is great for anyone who is mobile, has reasonable balance, and can get up and down from the floor.

Magnuson

85186	1/5-3/16	Mon	2:30-3:30 p.m.	J Devlin	\$72
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Ravenna-Eckstein

85185	1/6-3/17	Tue	2:30-3:30 p.m.	J Devlin	\$88
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Pilates

Stabilize and strengthen the core muscles of your abdominals and back while improving your flexibility and posture. This is a mat Pilates class.

Laurelhurst No class 2/12

85198	1/8-3/19	Thu	12:30-1:30 p.m.	D Dragovich	\$72
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Meadowbrook No class 2/18

85199	1/7-3/18	Wed	11:15 a.m.-12:15 p.m.	D Dragovich	\$80
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NEW Ravenna-Eckstein

85476	1/10-3/21	Sat	11:30 a.m.-12:30 p.m.	D Dragovich	\$88
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Yoga

Stretch and move with awareness, correct alignment, and focus on breath to increase strength, stamina, improve flexibility, develop better balance, posture, and peace of mind. Non-flow style unless noted.

Gentle Yoga with Chair Option

Montlake

85159	1/5-3/16	Mon	11:30 a.m.-12:30 p.m.	J Robin	\$72
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Gentle Yoga

Laurelhurst No class 2/12

85182	1/8-3/19	Thu	11 a.m.-Noon	J Robin	\$72
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Magnuson

85181	1/7-3/18	Wed	10-11 a.m.	J Robin	\$88
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Miller—Rainbow Recreation Class

85848	1/12-2/23	Mon	11:45 a.m.-12:45 p.m.	L Gardener	\$72
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Ravenna-Eckstein

85183	1/10-3/21	Sat	10-11 a.m.	J Robin	\$88
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Vini Yoga

Laurelhurst

85215	1/6-3/17	Tue	11 a.m.-Noon	H Mair	\$88
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Meadowbrook No class Friday 1/16, 2/20, and 3/6

85216	1/5-3/16	Mon	9:30-10:30 a.m.	H Mair	\$72
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85217	1/9-3/20	Fri	1:30-2:30 p.m.	H Mair	\$64
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Northgate

85214	1/8-3/19	Thu	10-11 a.m.	H Mair	\$80
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NEW Yoga for Stress Relief

This class will focus on meditation, breath, gentle yoga, and restful, restorative poses. Great for anyone who is interested in trying yoga or meditation, and those that enjoy a slow-paced practice. This is a free 4-week class, taught by a trained instructor who is volunteering her time. **Registration is required to take this course.**

Montlake

85838	1/6-1/27	Tue	11 a.m.-Noon	Jen A	Free
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John Hasslinger
Southwest
Recreation Specialist

206-256-5403 / cell 206-423-3988
john.hasslinger@seattle.gov

REGISTRATION

Register for programs using the activity number listed next to each program. Registration and payment details can be found on page 50. For accommodation requests please email kyle.bywater@seattle.gov.

SCHOLARSHIPS

The scholarship cycle runs June 2025-26. Have your application approved prior to registration. Those who applied for scholarships for 2024-25 will be extended through June 2026. If you do not have a scholarship currently please see details on page 50 to apply.

TRIPS

Departure Sites And Times

High Point CC

6920 34th Ave. SW

Depart 15 minutes before time listed.

NEW Delridge CC

4501 Delridge Way SW

Depart at time listed.

Departure Site Request

At the time of registration you will select your departure location from the available options. We do our best to proceed with our trips as planned; at times it is necessary to make changes to the times, cost, and destination. Please refrain from wearing fragrances.

BACK IN MOTION

Our **Back in Motion** programs provide fitness classes and educational programs for people with chronic pain, or who are new to exercise, and are noted with a blue stripe on the class number line, like the one noted here.

RAINBOW RECREATION

Rainbow Recreation program info can be found on page 39, or search for "Rainbow" in Seattle Parks and Recreation's ACTIVE Net online registration system. Programs designated with a rainbow highlight are LGBTQ+ affirming spaces for community members and their allies.

FIELD TRIPS

MOHAI

Step into Seattle's story at MOHAI! This engaging museum brings the city's past to life through interactive exhibits, iconic artifacts, and local innovations. After exploring the galleries, enjoy lunch, pay for on your own, at one of the many nearby cafés in South Lake Union, then take a relaxing stroll along the waterfront. A perfect winter outing for curious minds and history lovers alike.

84528 2/5 Thu 10 a.m.-2:30 p.m.

\$12

Tunes and Tastes in Bellevue

We received a special invitation from Bellevue's Crossroads Community Center to enjoy a live, classical concert performed by the Ladies Musical Club of Seattle, an inspiring ensemble of local musicians. Before the performance enjoy lunch, pay for on your own, at the vibrant Crossroads Mall Food Court featuring flavors from around the world, with festive Lunar New Year displays throughout the mall.

84529 2/17

Tue 10:15 a.m.-3:15 p.m.

\$22



Savor the Soul

Celebrate Black Heritage Month with a flavorful visit to Shikorina Bakeshop & Café, a Black-and-woman-owned bakery in Capitol Hill, where we'll pick up pastries and treats to go. Then we'll head to The Comfort Zone in Leschi for a soulful lunch featuring Southern classics in a cozy, community-rooted setting. Great food, great company, and a meaningful way to honor Black excellence in Seattle! Activity fee includes transportation only, pay for food on your own.

84530 2/26 Thu 10:15 a.m.-3 p.m. \$12

Explore Enumclaw

Breathe in fresh, mountain air on a peaceful day trip to Enumclaw and Nolte State Park. Spend your morning on a 90-minute lakeside walk at Nolte, where early spring birdsong and forested trails offer a quiet escape. Then enjoy 90 minutes in Enumclaw's charming historic downtown—perfect for lunch, browsing local shops, and soaking up small-town culture. A perfect blend of nature and nostalgia! Either bring a bag lunch to enjoy in the park, or buy lunch at a restaurant in town. **Also offered in SE sector.**

84531 3/12 Thu 9:30 a.m.-4 p.m. \$35

NATURE AND ENVIRONMENT

Gold Rush—How Seattle Struck it Rich

In August 1896 a handful of miners struck gold in the remote Klondike Wilderness of Canada's Yukon Territory—sparking one of the greatest gold rushes in history. But did you know Seattle played a pivotal role in this dramatic chapter of the Northwest? Join us for an engaging presentation and slideshow exploring how our city became the gateway to fortune, adventure, and transformation during the Klondike Gold Rush.

High Point

84517 3/6 Fri 1:30-2:30 p.m. P Pilcher Free

Westcrest Park Explorer Tour

Join retired National Parks Ranger Pat Pilcher for a guided nature walk through Westcrest Park, exploring the subtle seasonal shifts of early spring. Discover budding native plants, bird calls, fungi, mosses, and more on a themed scavenger hunt. Participants are encouraged to observe, record, or photograph their findings. All ages welcome! Westcrest Park address: 9000 8th Ave SW. Meet at the main picnic shelter near the playground and parking lot.

Westcrest Park

84516 3/18 Wed 10:30 a.m.-Noon P Pilcher Free

SPECIAL EVENTS

Line Dance Party

Get ready to step, sway, and groove at our quarterly line dance celebration! Whether you're a seasoned dancer or just starting out, our expert instructors will guide you through the moves and keep the energy high. Join us for an afternoon of fun, rhythm, and community. All levels welcome! Register early to receive a playlist and event details ahead of time. \$15 at the door. Let's dance! Optional: Bring a potluck dish or drink to share. Note: There is a transportation option from NE Sector, see below.

High Point

84514 3/20 Fri 1:30-4 p.m. \$12

TRANSPORTATION from NE

Sign up here for a van ride to the Line Dance Party on from NE Sector. This is TRANSPORTATION only, you still need to register and pay for the event separately, above. Lifelong Staff will contact you the week prior to confirm your preferred departure site.

Departure sites: Magnuson CC at 12:15 p.m., or Northgate CC at 12:45 p.m.

85795 3/20 Fri 12:15-5 p.m. \$8

SOCIAL PROGRAMS

Book Clubs

High Point Book Club

Meets the 2nd Thursday of each month. This is an active club seeking new members!
Meets: 1/8, 2/12, and 3/12.

High Point

84512 Thu 1-2 p.m. G Buckley-Jones Free

Crafts

Drop-In Craft Circle

Drop-in and knit, crochet, etc. Bring your project and socialize with others. Run by volunteers.

Yesler

84771 1/7-3/18 Wed 10:30 a.m.-Noon K O'Donnell Free

Music

Silver Sounds

Join Silver Sounds singers! Have fun while bringing joy to residents of retirement communities and nursing homes. No singing experience necessary. If you play an instrument, bring it! After registration you'll receive a welcome email with further instructions. Practice and performance dates to be announced.

High Point

84524 1/3-3/28 Sat 11:30 a.m.-12:30 p.m. M Summers Free

ARTS AND HANDWORK

Writing the Yoga Journey

Seattle Park's yoga classes have inspired a loyal and vibrant community—and now, it's time to put that experience into words. In this creative writing workshop, we'll explore how yoga has shaped our bodies, minds, and friendships through storytelling, poetry, and reflection. Led by a seasoned poet and editor with deep roots in senior-centered writing programs, this class invites participants to share personal narratives, honor their practice, and leave with a sense of empowerment in the spirit of Jaki's classes. No writing experience required—just a willingness to reflect, connect, and create.

High Point

84535 3/4 Wed 1-2:30 p.m. M Noel \$19

LIFELONG LEARNING

Be a Dementia Friend!

Dementia Friends is a global movement changing the way people think, act, and talk about dementia. Join us for a free, 60-minute Dementia Friends Information Session where we'll talk about what dementia is, the most common type of dementia, key messages to know, communication tips, brain health, ways to help foster dementia-friendly communities, and helpful resources. Time for questions and further conversation following the presentation for those interested. Learn more about Dementia Friends WA by visiting www.dementiafriendswa.uw.edu.

Rainier Beach

85852 1/15 Thu 1:30-3 p.m. Free

VOLUNTEER

Volunteers Orientation

Make an impact in your community! Lifelong Recreation SW is currently seeking assistant instructors for beginner and intermediate fall pickleball skills classes. Register here to open a conversation with our volunteer coordinator, and to join our Seattle Parks & Recreation team. Orientation will be online via Teams.

Virtual

84534 3/10 Tue 1-2 p.m. Free

DROP-IN SPORTS

Pickleball at a Glance

See page 10 for community center information for indoor pickleball.

Outdoor Pickleball

Outdoor courts dedicated to free, open pickleball play. No registration required. Seattle Parks Lifelong Recreation Volunteer Ambassadors are present to facilitate rotations when courts are busy. Please bring a paddle, outdoor balls, water, and your community spirit!

Delridge Courts

1/6-3/31 T/Th 10 a.m.-Noon Free

Miller Courts

1/2-3/30 M/W/F 10 a.m.-Noon Free

Mt Baker Courts

1/6-3/31 T/Th 10 a.m.-Noon Free

Walt Hundley Courts

1/2-3/30 M/W/F 10 a.m.-Noon Free

SPORTS

Pickleball Skills—Intermediate

Ready to take your pickleball game to the next level? This dynamic class is designed to sharpen your strategy, refine your technique, and elevate your competitive edge. Dive deep into doubles court positioning, stacking tactics, and both defensive and offensive lobbing. **Prerequisites:** Players should have a solid grasp of pickleball rules, including net regulations and kitchen lines. You should be able to move confidently on the court, advance quickly to the net, and sustain rallies with strategic shot placement. Consistent serves and returns (80%).

Delridge

84538 1/8-2/15 Thu 10:30 a.m.-Noon M Anderson \$60

84539 2/12-3/19 Thu 10-11:30 a.m. N Quandt \$60

NEW Yesler

84519 1/8-2/5 Thu 12:30-2 p.m. N Quandt \$60

84518 2/12-3/19 Thu 12:30-2 p.m. N Quandt \$60

Pickleball Skills—All Levels

Sharpen your on-court skills and build confidence in your game! This active session welcomes all experience levels, no equipment needed. For Delridge classes only, first 15 minutes of class dedicated to warm-up, followed by 90 minutes of instruction and drills, finishing with 15 minutes of open play.

Delridge

84520 1/6-2/3 Tue 10 a.m.-Noon MJ Bingham \$30

84521 2/10-3/17 Tue 10 a.m.-Noon MJ Bingham \$36

High Point

84522 1/5-2/2 Mon 11:30 a.m.-1 p.m. R Lopez/L Sartnurak \$24

84523 2/9-3/16 Mon 11:30 a.m.-1 p.m. R Lopez/L Sartnurak \$30

FITNESS

Please note: Fees may vary due to number of days a class is offered, seasonal holidays, center closures, etc. Participate at your own level of intensity, wear comfortable clothing, and bring a water bottle.

Aerobics and Dance

Bollywood Fitness

Fitness fusion that combines global dance, strength training, and whole body stretching, to give you a complete workout—body, mind, and soul! Set to fun world music (Bollywood, Latin, Western, Pop, and others), you'll get a great workout and learn music and moves from other cultures. Please bring 3-5 lb. hand weights, a yoga/exercise mat, water bottle, and towel.

Delridge

84500 1/9-3/20 Fri 10-11 a.m. A Carver \$88

Dance Fit

Dance Fit is a class that engages the entire body as well as the mind. Remembering choreography keeps your brain active while constant movement helps your heart, circulation, balance, muscles, and joints. Based on basic jazz steps, Dance Fit not only burns calories, it's fun too!

Delridge

84501 1/8-3/19 Thu 10-11 a.m. D Pierce \$80



EnhanceFitness

Improve your endurance, strength, balance, posture, and flexibility through adaptable exercise movements. Standards for measurement will document your progress. For this class, NEW participants or those who have not participated in over a year must submit an application prior to registration. Only members with Medicare Advantage with Silver&Fit® or OnePass®/Renew Active as a benefit qualify for free participation. Silver&Fit® and OnePass®/Renew Active participants must provide their Fitness ID Number on their application. **The online application and program information are located on the LLR website at <https://www.seattle.gov/parks/find/for-adults-50>, or <https://bit.ly/LLREF>.** If you are unable to access forms electronically, you can pick up paper forms from a community center offering EnhanceFitness classes. Participants will be notified via email when their application has been processed and they are eligible to register for classes.

NOTE: American Specialty Health (ASH) Silver&Fit®, and OnePass®/Renew Active will cover in-person classes and is limited to 10 visits a month.

To learn more about EnhanceFitness, Silver&Fit®, or One Pass®/Renew Active visit:

<http://projectenhance.org/enhancefitness/>,
<https://www.silverandfit.com/>, or
<https://www.youronepass.com>.

SPECIAL NOTE: Changes to insurance programs occur annually and can affect eligibility for free participation in EnhanceFitness classes. Beginning January 1st you must have a current Silver&Fit® or One Pass® Fitness ID number to qualify for FREE participation.

High Point

Silver&Fit® | One Pass®/Renew Active

84507 1/6-3/17 Tue 9:30-10:30 a.m. N Fraser Free

Self-Pay

84508 1/6-3/17 Tue 9:30-10:30 a.m. N Fraser \$88

Line Dance

Work out with your mind and body. Learn new dance patterns to some great music.

High Point

All Levels

84513 1/8-3/19 Thu 11:15 a.m.-12:15 p.m. S Simmons \$80

Line Dance—Improver

You've mastered the basics, and now you're ready for more. Class is designed for improver level and seasoned beginners wanting to expand beyond the fundamentals. Learn dynamic, flowing line dances—feel the Latin beat, channel your inner funk star, groove to smooth soul music, and perfect your turns to the latest pop song. You'll improve your technique, build your dance vocabulary, and make new friends.

High Point

Intermediate

84515 1/8-3/19 Thu 12:20-1:20 p.m. S Simmons \$80

Tuesday Dance Party

Ditch the workout, join the dance party! No rhythm or equipment required. Some dances will target specific muscle groups, but all will be fun and no equipment required. You'll leave exhilarated and energized! Appropriate for all fitness levels.

Delridge

84532 1/6-3/17 Tue 10-11 a.m. A Carver \$88

Whole Body Fitness

Use your own body weight to strengthen your core, upper and lower body as well. This class incorporates slow and quick movement for agility coupled with yoga for balance and flexibility while rounding it out with a five-minute meditation for a whole-body experience. Please bring a yoga/exercise mat.

Delridge

84536 1/5-3/16 Mon 10-11 a.m. D Pierce \$72

Strength and Conditioning

Fitness

Build total body muscle strength using fitness bands, free weights, and floor work. Improve balance, flexibility, and agility. Instructor is a professional dance and fitness instructor, and performer. Please bring hand weights to class.

Delridge

84509 1/7-3/18 Wed 10-11 a.m. S Simmons \$88

Tai Chi and Qigong

Tai Chi

Open to current students who've completed the 1st section. Learn yang-style short-form tai chi, created by Professor Cheng Man Chi'ing. Tai chi promotes balance, stress relief, and energy cultivation.

High Point

Continuing

84525 1/5-3/16 Mon 11 a.m.-Noon P Kelley-Elend \$72

Yoga and Pilates

We have a limited supply of yoga and pilates gear for new participants. We recommend you bring your own equipment.

Back in Action Gentle Yoga

Now on Wednesdays! Have you been out of action for awhile? In this gentle yoga class you can focus on enjoyable movements that will help you build strength and restore functionality of your muscles and joints. You will learn easy poses to improve your balance, flexibility, and range of motion. All the poses can be modified to avoid pain. Everyone can work at their own pace in a no-competition atmosphere, with peaceful music and plenty of wonderful relaxation at the end. Suitable for beginners. Bring a yoga mat if you have one, and a small blanket or large towel for covering up at the end.

High Point—Back in Motion Class

84511 1/7-3/18 Wed 11:30 a.m.-12:30 p.m. J Reed \$88

Yoga

Stretch and move with awareness, correct alignment, and focus on breath to increase strength, stamina, improve flexibility, develop better balance, posture, and peace of mind. Non-flow style unless noted.

Gentle Yoga

High Point

84510 1/5-3/16 Mon 9:45-10:45 a.m. J Reed \$72

Now on Fridays

84499 1/9-3/20 Fri 11:30 a.m.-12:30 p.m. J Reed \$88

Vini Yoga

Delridge

84533 1/7-3/18 Wed 11:15 a.m.-12:15 p.m. A Merlo \$88



Masha Shtern
Southeast
Recreation Specialist

cell 206-450-9522
masha.shtern@seattle.gov

REGISTRATION

Register for programs using the activity number listed next to each program. Registration and payment details can be found on page 50. For accommodation requests please email kyle.bywater@seattle.gov.

SCHOLARSHIPS

The scholarship cycle runs June 2025-26. Have your application approved prior to registration. Those who applied for scholarships for 2024-25 will be extended through June 2026. If you do not have a scholarship currently please see details on page 50 to apply.

TRIPS

Departure Sites

Garfield CC

2323 E Cherry St.

Jefferson CC

3801 Beacon Ave. S

Departure Times

NORTHBOUND TRIPS:

Garfield: at time listed.

Jefferson: 15 minutes before time listed.

SOUTHBOUND TRIPS:

Garfield: 15 minutes before time listed.

Jefferson: at time listed.

BACK IN MOTION

Our **Back in Motion** programs provide fitness classes and educational programs for people with chronic pain, or who are new to exercise, and are noted with a blue stripe on the class number line, like the one noted here.

RAINBOW RECREATION

Rainbow Recreation program info can be found on page 39, or search for "Rainbow" in Seattle Parks and Recreation's ACTIVE Net online registration system. Programs designated with a rainbow highlight are LGBTQ+ affirming spaces for community members and their allies.

FIELD TRIPS

Historic Paramount Theatre Tour and Silent Movie

Join us on a guided tour to learn about the history of Paramount Theatre and get a backstage view! We'll also experience the sounds and artistry of the historic Wurlitzer Organ and watch a short silent film, along with a lecture and organ demonstration. Afterwards get lunch at a nearby restaurant, pay on your own, or bring a sack lunch. Part of the building tour involves several flights of stairs, though backstage areas can be accessed by a ramp and elevator.

Northbound

85458 1/26 Mon 9:15 a.m.-2:15 p.m. \$16

Wing Luke Museum and Chinatown

The Lunar New Year is near! We'll visit the museum and explore the C/ID neighborhood for lunch and possibly a bakery/tea shop. We'll enjoy a 60-minute guided tour of museum exhibits, and special historic spaces in the museum building that are not normally open to the public such as the Yick Fung Company Store, and Historic Freeman Hotel. There will be time to browse the remaining museum exhibitions, and food establishments in the neighborhood, pay for food on your own. Accessible to wheelchairs and walkers.

Northbound

86098 2/4 Wed 10 a.m.-3 p.m. \$38

Snowshoe!

Snowshoe with Outdoors for All on a guided, beginning snowshoe tour. Gear is provided with fitting, orientation, and brief lesson from the parking lot. We will then walk to the start of the Iron Horse Trail, or if open, Gold Creek Pond. No experience needed but participants should be able to walk 2-3 miles at a slow-to-moderate pace in cold temperatures with slight elevation changes. We recommend water resistant hiking boots and non-cotton layers to stay warm. Please bring your own lunch, warm beverages, and dry socks. We won't have a place to sit indoors, and we will be eating on the trail or in the van.

Departure site: Jefferson CC

85570 2/12 Thu 9 a.m.-3:30 p.m. \$99

Young Dragon: A Bruce Lee Play

This action-packed, soul-searching play follows the Young Dragon as he navigates a new country and finds his voice. We'll attend this intergenerational matinee of Young Dragon at Seattle Children's Theatre, followed by lunch at the Seattle Center Armory—buy or bring your own. Accessible to wheelchairs and walkers.

Northbound

85860 2/18 Wed 10 a.m.-2 p.m. \$46

Edison Bird Parade

Edison is an artistic small town in the Skagit Valley that hosts the whimsical Bird and Chicken Parade every year. We'll head to the parade together, where participants dress up as chickens and other birds for a clucking good time! Afterwards, explore Edison, and a birding stop in Skagit Valley on the way back. Trip is rain or shine, though in case of heavy rain we may make alternative plans. Be prepared to walk 4-8 blocks on flat paved and gravel surfaces. *Offered jointly in NE and SE sectors.*

Departure site: Jefferson CC

85459 2/22 Sun 9:15 a.m.-2:15 p.m. \$35

Enumclaw Exploration

Spend your morning on a 90-minute lakeside walk at Nolte State Park, to hear spring birdsong. Then enjoy 90 minutes in Enumclaw's charming historic downtown. Optional: Bring a bag lunch to enjoy in the park, or buy your own. *Also offered in SW sector.*

Southbound

85471 3/12 Thu 9:30 a.m.-4:30 p.m. \$35

Grease Musical at Issaquah Village Theatre

Based on the 1950s film that became the soundtrack of a generation, this production of Grease promises nonstop, nostalgic, hydromatic fun! We'll go out to dinner in downtown Issaquah before the show, pay for on your own. Trip fee includes transportation and theater ticket. Wheelchair and walker accessible.

Northbound

85470 3/24 Tue 5-10 p.m. \$39

SOCIAL PROGRAMS

Book Clubs

Rainier Beach Book Club

Explore new books, listen to different points of view, share opinions and ideas with others, with an interest in banned books. Please register to attend. Meets second Monday of every month.

Rainier Beach

85464 1/12-3/9 Mon 1-2:30 p.m. N Kiser Free

Games

Drop-In Bridge

Drop-In play for bridge players. All Levels.

Rainier

85449 1/7-4/1 Wed 11 a.m.-2 p.m. Free

Drop-In Mahjong

Mahjong is returning to Rainier! Call for details.

Rainier

TBD

Social Time

50+ Social Time Potluck

Join us for a monthly social potluck to gather and connect. Enjoy rotating themes, birthday celebrations, and presentations on various topics. Please bring a food item to share if you can. Coffee and cake provided. Register to be emailed updates, or just stop by the third Thursday of every month.

Rainier Beach

85445 Thu 11:30 a.m.-1:30 p.m. Free

ARTS AND HANDWORK

Watercolor with Seniors Creating Art

Explore the wonderful world of watercolor painting, as we get our creative juices flowing! In this introductory workshop series, you'll learn watercolor painting techniques, about brush usage, color mixing and leave with finished pieces of artwork. No experience necessary and all supplies provided. In partnership with Seniors Creating Art. Students are asked to register for only one Seniors Creating Art class per quarter due to limited availability.

Rainier

85861 1/29-2/26 Thu 10:30 a.m.-Noon Free

LIFELONG LEARNING

Be a Dementia Friend!

Dementia Friends is a global movement changing the way people think, act, and talk about dementia. Join us for a free, 60-minute Dementia Friends Information Session where we'll talk about what dementia is, the most common type of dementia, key messages to know, communication tips, brain health, ways to help foster dementia-friendly communities, and helpful resources. Time for questions and further conversation following the presentation for those interested. Learn more about Dementia Friends WA by visiting www.dementiafriendswa.uw.edu.

Rainier Beach

85852 1/15 Thu 1:30-3 p.m. Free

Challah Bread Baking Workshop

Hands-on workshop where we'll learn to make challah, a delicious braided egg bread. Learn the entire process from flour to loaf: hand kneading, rising, baking, and dough braiding techniques (three, four, six-strand, and round). We'll provide all the ingredients and you'll make your own loaf to take home, warm out of the oven! We'll also make hummus while we wait for the dough to rise. BYO apron.

Rainier Beach

85447 1/23 Fri 10 a.m.-1 p.m. M Shtern \$25

Registration and Scholarship Tech Support Session

Learn how to register for activities online before spring registration opens including how to access your ACTIVE Net account, how to register, make a wish list, make a payment, apply for a scholarship, and more! For scholarship application help, bring your proof of income document. Bring your own smart phone, laptop, or tablet to practice on. Public Wi-Fi available. Drop-ins welcome.

Rainier Beach

85465 2/19 Thu 12:30-1:30 p.m. Free

Ukelele—Beginning

Learn to play ukulele! You will learn finger picking, strumming, and chords as we learn using carefully chosen songs offered in increasing difficulty. BYO ukulele to class, no experience necessary. Please remember to prepare for play by cutting your left hand finger nails short.

Rainier Beach

85857 1/8-1/29 Thu 11:30 a.m.-12:30 p.m. C Snider \$32

Ukelele—Continuing

This class is a continuation of the 4-week series from fall or winter quarter, or those with equivalent experience. You will learn finger picking, strumming, and chords as we learn using carefully chosen songs offered in increasing difficulty. BYO ukulele to class. Please remember to prepare for play by cutting your left hand finger nails short.

Rainier Beach

85446 2/5-3/19 Thu 11:30 a.m.-12:30 p.m. C Snider \$56

DROP-IN SPORTS

Pickleball

See page 10 for community center information for indoor pickleball.

Outdoor Pickleball

Outdoor courts dedicated to free, open pickleball play. No registration required. Seattle Parks LLR Volunteer Ambassadors are present to facilitate rotations when courts are busy. Please bring a paddle, outdoor balls, and your community spirit!

Mt Baker Courts

1/6-3/31 T/Th 10 a.m.-Noon Free

SPORTS

Please sign up for the **correct level** of Pickleball Skills or you will be asked to withdraw on the first day of the session.

Pickleball Skills—Beginner

Learn the basic strokes, rules, and strategies of pickleball. This class includes 1-hour of instruction and 30 minutes of practice time. Once you've learned the basics, you can join drop-in play across most of the community centers in Seattle.

Rainier

85859	1/7-2/4	Wed	Noon-1:30 p.m.	M Bisch	\$60
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Pickleball Skills—Beyond Beginner

This class is for those who already have some experience playing and will help you reach the next level. Class includes 1-hour of instruction and 30 minutes of practice time. **Prerequisites:** Players should know the basic rules and how to keep score. They get at least 50% of their serves and returns in play. *No class 2/18.*

Rainier

85462	2/11-3/18	Wed	Noon-1:30 p.m.	M Bisch	\$60
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Pickleball Skills—Intermediate

Get to the next level with your skills such as doubles court strategy, stacking, and defensive/offensive lobbing. We can assist you with preparing for tournaments, if interested. **Prerequisites:** Players know the rules of pickleball including net rules and kitchen lines, can position themselves on the court and move quickly to the net, sustain rallies easily with strategic hits, serves and returns are in play and consistent (80%), and understand not to pop dinks, hard and soft game, and can work with a partner to win a point. *No class 2/18.*

Rainier

85858	1/7-2/4	Wed	1:30-3 p.m.	M Bisch	\$60
85463	2/11-3/18	Wed	1:30-3 p.m.	M Bisch	\$60

Pickleball Conditioning

This fitness class will emphasize exercises and muscle groups used in pickleball and other racquet sports to build strength, mobility, and balance for improved gameplay and injury prevention. Includes exercises on court. Bring a yoga mat and paddle, or borrow ours.

Rainier

85461	1/9-3/20	Fri	Noon-1 p.m.	N Quandt	\$80
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FITNESS CLASSES

Fees may vary due to number of days a class is offered, seasonal holidays, center closures, etc. Participate at your own level of intensity, wear comfortable clothing, and bring a water bottle.

Aerobics and Dance

Traditional and Contemporary Asian Dance

In this fun class you will stretch and learn new dance moves influenced by Chinese dance, mainly Mongolian and Tibetan music. All levels and backgrounds welcome. Class is taught in Mandarin, Cantonese, and English. **Registration is required for class participation.**

Jefferson

85468	1/6-3/17	Tue	6-7:45 p.m.	K Luo	Free
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Van Asselt

85469	1/10-3/21	Sat	2-3:45 p.m.	K Luo	Free
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Dance for Parkinson's

STG Dance for PD® classes use dance, live music, and community in a safe and creative environment. Working with professional dancers and teaching artists trained in the Dance for PD® method, participants are inspired to explore movement and music in ways that are refreshing, enjoyable, and stimulating. No dance experience or diagnosis of Parkinson's disease is required to participate. Please note: registration with Seattle Theatre Group Dance for PD® at rexk@stgprepresents.org is required to join the program.

Garfield

	1/8-2/26	Thu	10:30 a.m.-Noon		Free
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Whole Body Fitness

Half of the class is a fun, jazz dance-based cardio workout, and the other half is strengthening, stretching and meditation. You'll strengthen your core, upper and lower body using your own body weight. This class incorporates slow and quick movement for agility coupled with yoga for balance and flexibility while rounding it out with a five-minute meditation for a whole-body experience. Borrow one of our mats or bring your own. This free class is sponsored by Era Living/Lakeshore Retirement Community. **Registration is required for class participation.**

Rainier Beach

85473	1/6-3/17	Tue	10:30-11:30 a.m.	D Pierce	Free
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Strength and Conditioning

EnhanceFitness

Improve your endurance, strength, balance, posture, and flexibility through adaptable exercise movements. Standards for measurement will document your progress. For this class, NEW participants or those who have not participated in over a year must submit an application prior to registration. Only members with Medicare Advantage with Silver&Fit® or OnePass®/Renew Active as a benefit qualify for free participation. Silver&Fit® and OnePass®/Renew Active participants must provide their Fitness ID Number on their application. **The online application and program information are located on the LLR website at <https://www.seattle.gov/parks/find/for-adults-50>, or <https://bit.ly/LLREF>.** If you are unable to access forms electronically, you can pick up paper forms from a community center offering EnhanceFitness classes. Participants will be notified via email when their application has been processed and they are eligible to register for classes.

NOTE: American Specialty Health (ASH) Silver&Fit®, and OnePass®/Renew Active will cover in-person classes and is limited to 10 visits a month.

To learn more about EnhanceFitness, Silver&Fit®, or One Pass®/Renew Active visit:

<http://projectenhance.org/enhancefitness/>,

<https://www.silverandfit.com/>, or

<https://www.youronepass.com>.

SPECIAL NOTE: Changes to insurance programs occur annually and can affect eligibility for free participation in EnhanceFitness classes. Beginning January 1st you must have a current Silver&Fit® or One Pass® Fitness ID number to qualify for FREE participation.

Garfield

Silver&Fit® | One Pass®/Renew Active

85454	1/5-3/16	Mon	Noon-1 p.m.	N Fraser	Free
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Self-Pay

85455	1/5-3/16	Mon	Noon-1 p.m.	N Fraser	\$72
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Jefferson No class 2/19

Silver&Fit® | One Pass®/Renew Active

85450	1/8-3/19	Thu	10-11 a.m.	N Fraser	Free
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Self-Pay

85451	1/8-3/19	Thu	10-11 a.m.	N Fraser	\$80
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Rainier No class Wed 2/18 or Fri 2/20

Silver&Fit® | One Pass®/Renew Active

85456	1/7-3/18	Wed	10:15-11:15 a.m.	YS Gartz	Free
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85452	1/9-3/20	Fri	10:15-11:15 a.m.	YS Gartz	Free
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Self-Pay

85457	1/7-3/18	Wed	10:15-11:15 a.m.	YS Gartz	\$80
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85453	1/9-3/20	Fri	10:15-11:15 a.m.	YS Gartz	\$80
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Soul Line Dance

This is a fun energetic class for the mind, body, and soul. Learn a variety of easy choreographed soul line dances while we groove to sweet soul music. Recommended for active adults.

Rainier

85466	1/5-3/23	Mon	11:45 a.m.-12:45 p.m.	M Silver	\$80
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Tai Chi and Qigong

Tai Chi

Maintain and restore bone mass, equilibrium, and poise, while playfully exploring vital energy.

Garfield

All Levels

85467	1/5-3/16	Mon	10:15-11:15 a.m.	E Baxa	\$72
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Yoga

We have a limited supply of yoga and pilates gear for new participants. We recommend you bring your own equipment.

Yoga

Stretch and move with awareness, correct alignment, and focus on breath to increase strength, stamina, improve flexibility, develop better balance, posture, and peace of mind. Non-flow style unless noted.

Vini Yoga

Rainier Beach

85472	1/9-3/20	Fri	10-11 a.m.	A Merlo	\$88
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Tamara Keefe
Rainbow
Recreation Specialist

206-615-0100 /
cell 206-399-4655
tamara.keefe@seattle.gov

Seattle Parks and Recreation strives to create respectful and safe environments, to enhance health and well-being, and to welcome community members of all backgrounds. While our LGBTQ+ neighbors are welcome in all programs, Rainbow Recreation was developed to specifically serve LGBTQ+ identified 50+ adults, and their friends and allies. We want your involvement to design programming that meets needs and interests! What would you like to see, or what can you offer? Contact tamara.keefe@seattle.gov so that we can create opportunity.

REGISTRATION

Register for programs using the activity number listed next to each program. Registration and payment details can be found on page 50. For accommodation requests please email kyle.bywater@seattle.gov.

SCHOLARSHIPS

The scholarship cycle runs June 2025-26. Have your application approved prior to registration. Those who applied for scholarships for 2024-25 will be extended through June 2026. If you do not have a scholarship currently please see details on page 50 to apply.

SOCIAL

LGBTQ+ Affirming Book Group

Would you like to read books and then gather to discuss them with others in an LGBTQ+ affirming space? Books with potential interest to community members are chosen with support from the Seattle Public Library. Registered participants will receive the book selection via email in advance of the meeting date. Register early to have plenty of time to read the book! Open to LGBTQ+ community members 50+ and their allies.

Miller

85849 3/11 Wed 2-3:30 p.m. Free



FITNESS CLASSES

Fees may vary due to number of days a class is offered, seasonal holidays, center closures, etc. Participate at your own level of intensity, wear comfortable clothing, and bring a water bottle.

Yoga

We have a limited supply of yoga and pilates gear for new participants. We recommend you bring your own equipment.

Gentle Yoga

Stretch and move with awareness, correct alignment, and a focus on breath to increase strength and stamina, improve flexibility, and develop better balance, posture, and peace of mind. Chair seated participants are welcome. An LGBTQ+ affirming space for adults 50+ and allies

Miller

85848 1/12-3/23 Mon 11:45 a.m.-12:45 p.m. L Gardener \$72



Tamara Keefe
Dementia-Friendly
Recreation Specialist

206-615-0100 /
cell 206-399-4655
tamara.keefe@seattle.gov

Working with community partners, we offer a variety of dementia-friendly recreation programs designed for and celebrating the strengths of people living with memory loss. Many of these programs have been inspired by and developed through community input. For questions and registration information, contact Tamara Keefe, or the person noted in the description.

Free Programs

To reduce barriers to participation, all of our programs are now free to attend! This is made possible through generous community sponsorships and donations. To support Dementia-Friendly Recreation with a donation, visit <https://arcseattle.org/Lifelong-Recreation-Donations> and designate "Dementia-Friendly Programs."

Receive Updates

There are new dementia-friendly opportunities developing in the community all the time! To learn about upcoming programs, join the email list for the Dementia-Friendly Recreation e-Newsletter. Sign-up at <http://www.seattle.gov/parks/find/dementia-friendly-recreation>.

FITNESS CLASSES

Joyful Movement

Feel good inside and out moving to the sounds of Motown and more. Facilitated by an experienced dance instructor familiar with physical and cognitive limitations, participants will utilize breath for both isolated joint and full-body movement. Everyone will begin each class seated in a chair and have the option to remain seated, or to stand, as the class progresses. Join this quality experience and revel in a feast for the body and soul!

Rainier Beach

85853 1/13-3/3 Tue 10:30-11:30 a.m. Free

MOMENTIA SEATTLE

At Seattle Parks and Recreation, we are proud to be part of the grassroots movement empowering persons with memory loss and their loved ones to remain connected and active in the community. To learn more about Momentia and see a calendar with a full listing of memory loss offerings in the Greater Seattle area, visit: www.momentiasattle.org.

Memory Café

Living with memory loss? You, your friends, and family are invited to this monthly, free, drop-in event.

- A welcoming environment including opportunities to engage in conversation and activity.
- Refreshments provided.
- Program priority is to residents in nearby neighborhoods.
- No registration needed.

Northgate Memory Café

Northgate Branch Library
First Thursdays, 1-2:30 p.m.

Questions? Call Emily at 206-684-0170

A Seattle Public Library and Seattle Parks & Recreation collaboration.

Please note: A conversation with SPR's Dementia-Friendly Recreation Specialist is required for 1st time participants. Please contact tamara.keefe@seattle.gov to schedule.

ARTS AND CULTURE

Weaving with Words

Through a combination of conversational exploration, reminiscence, and deep listening, reveal threads and insights to weave an image of a person in written form. Our structure and a template will invite words to flow, and a depiction of an individual living with dementia to be captured, with plenty of room for creativity. Conceived primarily as an opportunity for individuals living with memory loss to state who they are, with support from someone who knows them, the opportunity may be relevant for individuals to attend alone—whether living with memory loss or in a carepartner relationship. No special abilities needed! Being open to inspiration from the view, others in the room, creative play, and to creating and sharing a powerful tapestry of a person through words is all that is necessary. Expect to connect in dyads, and as a group. Details emailed to registered participants prior to the program. A conversation with SPR's Dementia-Friendly Recreation Specialist is required for 1st time participants. Please contact tamara.keefe@seattle.gov with questions or to schedule.

Green Lake Small Craft Center

5 Wednesdays: 2/4-3/4

85851

1-2:30 p.m.

Free



OUTDOOR RECREATION

Out and About Walks

Invigorate body, brain and spirit with 1.5 to 2-mile moderately-paced walks in parks and neighborhoods throughout Seattle. Varied terrain includes sidewalks and gravel paths; mostly level with occasional hills. Registered participants will receive details via email.

Various Locations

2nd and 4th Fridays: 1/9-3/27

85854

10:30 a.m.-Noon.

Free

LIFELONG LEARNING

Be a Dementia Friend!

Dementia Friends is a global movement changing the way people think, act, and talk about dementia. Join us for a free, 60-minute Dementia Friends Information Session where we'll talk about what dementia is, the most common type of dementia, key messages to know, communication tips, brain health, ways to help foster dementia-friendly communities, and helpful resources. Time for questions and further conversation following the presentation for those interested. Learn more about Dementia Friends WA by visiting www.dementiafriendswa.uw.edu.

Rainier Beach

85852 1/15

Thu 1:30-3 p.m.

Free

Register online at www.seattle.gov/parks

Winter Quarter January 5-March 21



Courtney
Recreation Specialist

cell 206-618-4254
sound.steps@seattle.gov

Outdoor Recreation encompasses Sound Steps, but adds more! Hikes, Environmental Education, Dog Walks, anything outdoor related lands here.

Please register quarterly for all programs using the activity number provided. See page 50 for registration information. Unless dates are specified, walks are generally ongoing. Check with the volunteer walk leader for any dates that may be missed.

Sign Up For Our Newsletter!

To stay up-to-date on new walks as they become available, send an email to sound.steps@seattle.gov to join the mailing list for program updates.

SCHOLARSHIPS

The scholarship cycle runs June 2025-26. Have your application approved prior to registration. Those who applied for scholarships for 2024-25 will be extended through June 2026. If you do not have a scholarship currently please see details on page 50 to apply.

RAINBOW RECREATION

Rainbow Recreation program info can be found on page 39, or search for "Rainbow" in Seattle Parks and Recreation's ACTIVE Net online registration system. Programs designated with a rainbow highlight are LGBTQ+ affirming spaces for community members and their allies.

Hike Rating Legend

DISTANCE

- 1 Tape Measure** = 0.5-3 miles
- 2 Tape Measures** = 3-5 miles
- 3 Tape Measures** = 5+ miles

ELEVATION

- 1 Mountain** = Mostly flat, slight elevation at most.
- 2 Mountains** = Some moderate inclines, rolling hills, or minimal staircases.
- 3 Mountains** = Be prepared for steep climbs or lengthy staircases as a main feature.

TERRAIN

- 1 Boot** = Paved path or indoor flooring.
- 2 Boots** = Soft gravel, grass, slight mud, and/or dirt paths.
- 3 Boots** = Significant rocks, tree branches, tripping hazards, or mud. Come prepared!

DOG WALKS

Dog Walks

Bring a dog or come without if you love to walk with dogs! We meet every Friday at 11:30 a.m. Prepare to walk 2-3 miles, rain or shine. Meet at the designated site, leash your dog, and bring poop bags. Please email or phone with your contact information to sound.steps@seattle.gov or call Recreation Specialist's number above to be added to the walk leader's list. Volunteer walk leader Sharon LeVine will contact you weekly with walk locations.

Various Locations—

Email or call to be added to the contact list

Fri 11 a.m.

Free

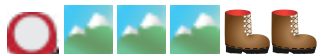


FIELD TRIPS

Departure Sites for Field Trips (unless noted) are:

Densmore Building, 8061 Densmore Ave N.—under the entrance sign, and Jefferson CC, 3801 Beacon Ave S.

Georgetown Wet Weather Treatment Center



Join us on a guided tour of the Georgetown Wet Weather Treatment Center, which can treat up to 70 million gallons of combined rain and wastewater a day! Construction began in 2018 and was completed in 2023. Dress for the weather and wear closed toe shoes. This tour will last 2 ½ hours with terrain being a half mile of walking, including several flights of stairs. Every participant must wear a provided hard hat, safety vest, and safety glasses. Leaving early is not an option.

Departure sites: Densmore Bldg at 8:45 a.m., and Jefferson CC at 9:20 a.m.

84609 2/10 Tue 8:45 a.m.-1:30 p.m. \$12

Snowshoe!



Snowshoe with Outdoors for All on a guided, beginning snowshoe tour. Gear is provided with fitting, orientation, and brief lesson from the parking lot. We will then walk to the start of the Iron Horse Trail, or if open, Gold Creek Pond. No experience needed but participants should be able to walk 2-3 miles at a slow-to-moderate pace in cold temperatures with slight elevation changes. We recommend water resistant hiking boots and non-cotton layers to stay warm. Please bring your own lunch, warm beverages, and dry socks. We won't have a place to sit indoors, and we will be eating on the trail or in the van.

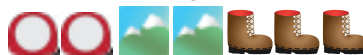
Departure site: Lower Woodland Park, 5201 Green Lake Way N

85572 2/12 Thu 8:45 a.m.-3:45 p.m. \$99

Departure site: Jefferson CC

85570 2/12 Thu 9 a.m.-3:30 p.m. \$99

Lord Hill Regional Park



Join us in hiking the Pipeline Trail to Lookout Loop, 3.7-miles in Lord Hill Regional Park. AllTrails ranks this hike as easy, walking through beautiful, shaded woods and passing by Beaver Marsh Lake. Uneven terrain and horse poop/bikers will be encountered on this trail. Please bring your own snacks and water for the journey.

Departure sites: Densmore Bldg at 9 a.m., and Jefferson CC at 9:30 a.m.

85612 2/24 Tue 9 a.m.-3 p.m. \$29

Bridle Trails State Park



Join us in hiking Trillium Trail, a 1.9-mile ranked easy trail with forest scenery. Uneven terrain and horse poop will be encountered on this trail. Please bring your own snacks and water for the journey.

Departure sites: Densmore Bldg at 9:30 a.m., and Jefferson CC at 10 a.m.

85613 3/10 Tue 9:30 a.m.-2 p.m. \$21

Coal Creek Falls



Coal Creek Falls, located in the Cougar Mountain Regional Wildlife Park, is where we will walk AllTrails hike titled: Cave Hole, Coal Creek Falls, Quarry, and Fred's Railroad Loop Trail. AllTrails ranks this trail as an easy 3-mile loop trail near Newcastle.

Departure sites: Densmore Bldg at 9:30 a.m., and Jefferson CC at 10 a.m.

84610 3/17 Tue 9:30 a.m.-3 p.m. \$21

TRANSIT ADVENTURES

Transit times can be unpredictable, please arrive 5 to 10 minutes early; walks will begin at the scheduled time.

Mountlake Terrace



Starting from the Mountlake Terrace Light Rail stop, we will walk 1.5 miles to explore Lake Ballinger Park and the newly constructed wildlife viewing platform. We will then return to Mountlake Terrace Light Rail. Walk estimate to be about 4-5 miles and ranked moderate for the hills.

Mountlake Terrace Light Rail Station

85564 1/21 Wed 10 a.m.-12:30 p.m. Free

Overlook Walk and Seattle Aquarium



Join us in exploring the elevated Overlook Walk as well as Seattle Aquarium. We will meet at the Westlake Light Rail Station and walk the hilly .5 miles to the Overlook to start our exploration. Bring your own snacks and water to enjoy while looking at the view. Afterwards, we will head to Seattle Aquarium to explore (free tickets available for participants). We will head back to Westlake Light Rail at 12:30 p.m.

Westlake Light Rail Station

85696 1/27 Tue 9:30 a.m.-1:30 p.m. Free

Seattle Central Library Tour



Dive into history and architecture on a guided tour of Seattle Central Library. Group will meet at the Symphony Light Rail stop and walk 15 minutes to the Seattle Central Library.

Symphony Light Rail Station

84607 1/28 Wed 10:30 a.m.-12:30 p.m. Free

Burke Light Rail Museum and Exploration



Starting at the U-District Light Rail stop, we will go on a short exploration around the U-District, then to the Burke Museum for free first Thursday. Expect a 2-to-3-mile easy walk at a conversational pace, stopping to look at exhibits inside the museum.

U District Light Rail Station

85567 2/5 Thu 10 a.m.-1 p.m. Free

Bainbridge Ferry Ride and Bloedel Reserve



We will meet at the Seattle Downtown Ferry Terminal, Colman Terminal to Bainbridge Island, and walk on (each participant paying their own fee), and get off on the Bainbridge side and utilize transit together (participants pay own \$2 fee each way) to explore Bloedel Reserve for the first Wednesday of the month utilizing the discount where admission price is pay what you wish—tickets will be purchased in advance and are included in the program cost. After exploring the garden, we will enjoy the view on our walk back to the pier to pick up the return ferry. Bring your own sack lunch to enjoy on the return ferry. 3.5-4 miles round trip on varied terrain. Please check email before trip for further information should ferry/transit times need to change.

Seattle Downtown Ferry Terminal

85615 3/4 Wed 9:30 a.m.-4 p.m. \$9

WALKS

Meadowbrook Pond Walk



We will meet at Meadowbrook CC and enjoy an exploration of Meadowbrook Pond.

Meadowbrook Pond

85322 1/7 Wed 10-11 a.m. Free

Valley of the Gnomes



The Madrona Neighborhood is lucky to have an army of gnomes staggered throughout the valley, offering nocturnal protection to the plants and animals around. From Madrona Beach, we'll do a short but steep walk up through the neighborhood until we stumble across the Gnome's Secret Pedestrian Trestle Bridge, where dozens are scattered across the hillside. How many will we find together? Bring your binoculars and help us search!

Madrona Beach

84608 1/14 Wed 10 a.m.-Noon Free

Golden Gardens Walk

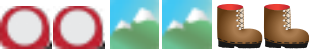


We will meet at Golden Gardens Park and enjoy exploring the area at a conversational pace. An easy 1-2 mile walk.

Golden Gardens

85323 2/4 Wed 10-11 a.m. Free

Walkin' In a Winter Wonderland at Lincoln Park



Nature's ability to adapt to dire circumstances is perhaps best highlighted in winter, as we will see as we wander through the landscape at Lincoln Park. Walk is 3-4 miles in total, with intent of moving slowly to notice the nature around us.

Lincoln Park

85324 2/11 Wed 10-11 a.m. Free

Green Lake Loop



Bundle up and enjoy good company in this walk around an old favorite, Green Lake! 2.8-mile loop.

Green Lake Community Boathouse

85565 2/18 Wed 10-11:30 a.m. Free

Seattle Center and Chihuly Garden and Glass



We will meet in Seattle Center for a 1-2 mile exploration, and end at Chihuly Garden and Glass to view the museum at your own pace. Entrance ticket to Chihuly Garden included.

Seattle Center

85568 2/25 Wed 10 a.m.-1 p.m. Free

Explore Lake Union and MOHAI



To begin, we will meet at Lake Union and have a 1-2 mile exploration around the area, then head to MOHAI to view the museum at your own pace. Entrance to MOHAI included.

Lake Union

85614 3/11 Wed 10 a.m.-1 p.m. Free

Uncovering the History of Seattle's Central Waterfront



Join historian Jennifer Ott as she tells the stories of piers and people, ships and railroads, and Seattle's ever-evolving landscapes. 1 mile walk along the waterfront.

Seattle Waterfront

85320 3/13 Fri 10-11:45 a.m. \$12

Jefferson Greenhouse Tour



Guided by the Greenhouse Supervisor, join us on a tour and gain information about propagation from cuttings and seeds, greenhouse climate control, and the City's plant palate. Group will meet at Jefferson CC at 10 a.m. to use the restroom, and then walk the .5 mile on slightly hilly terrain to the greenhouse for the tour. Prepare for long periods of standing and 1.5 miles of walking.

Jefferson CC

85566 3/18 Wed 10-11:30 a.m. Free



ONGOING WALKS AND RUNS

Sound Steps is a community-driven and volunteer-led walking program designed for all levels of walkers. If you would like to plan and lead a walk, please be in touch!

Sound Steps: Ongoing Walks

Discovery Park Walking Club

Feel at peace with nature on a Friday escape to explore Discovery Park. Trail lengths will range from 60-90 minutes long, with varying hike elevations at a moderate pace. Sound Steps volunteer-led group will meet in front of the Discovery Park Visitor Center.

Discovery Park ELC Visitor Center

84604 1/9-3/20 Fri 10-11:30 a.m. Free

Garfield Sound Steps Walk

Walk laps to music inside the gym at Garfield Community Center. All paces and mobility levels welcome.

Garfield CC

85319 1/8-3/26 Thu 9-10 a.m. Free

Llandover Woods Sound Steps Walk

Several beautiful gravel-surfaced trails wind their way through dense northwest forest; it's often so quiet you can hear a leaf drop.

Llandover Woods Trailhead, 145th and 3rd Ave. NW

84603 1/5-3/16 Mon 10-11 a.m. Free

Rainier Beach Sound Steps Walk

Walk laps to music inside the gym at Rainier Beach Community Center. All paces and mobility levels welcome.

Rainier Beach CC Gym

84606 1/6-3/18 T/W 10:30-11:30 a.m. Free

Seward Park Walking Club

Join us for a weekly walk at Seward Park, with a choice between the paved 2.4-mile loop, or meandering the wooded trails throughout the park's interior. Beautiful views of Lake Washington, mountains, and rich flora and fauna make this a stunning walk! Meet in front of the Audubon Center near the main parking lot.

Seward Park Audubon Center

84605 1/5-3/16 Mon 10-11:30 a.m. Free

UW Arboretum Sound Steps Walk

Explore the beautiful University of Washington Arboretum on this social Sound Steps volunteer-led leisurely paced walk. Meet in front of the visitor center.

UW Arboretum, 2300 Arboretum Drive

85038 1/6-3/17 Tue 10-11 a.m. Free

Sound Steps Walking and Running Club

Open to walkers and runners of all experience levels! We'll gather in the parking lot of Building 30 in Magnuson Park, then head to Magnuson's dirt track to walk or run laps at your own pace, with the opportunity to take rest breaks whenever you need. This group is a great opportunity to have some accountability to get out the door, or for anyone looking for friends to walk or run with.

Magnuson Park Track

85422 1/9-3/20 Fri 8-9 a.m. Free



Join Us as a WALK LEADER!

Sound Steps can't happen without volunteers, and we are looking for more people to join us leading walks throughout the city. No experience required! This is a great opportunity to give back to your community on your own schedule. Get in touch with our Outdoor Recreation Specialist Courtney at sound.steps@seattle.gov to get registered for a volunteer onboarding session, and we can get you started in no time.



Lifelong Recreation Advisory Council

You Can Make a Difference!

The Lifelong Recreation Advisory Council is a group of citizens dedicated to the enrichment of our community. Its support enables us to offer a variety of programs and services for people age 50+ of all abilities and backgrounds.

Your Advisory Council

Most classes, workshops, sports programs, special events, and facility rentals are funded through the local advisory councils, rather than from City of Seattle budget. Revenues generated through program fees offset program costs to make these activities self-sustaining. We rely on participation, donations, and contributions to maintain and upgrade equipment.

Join Us!

Citizen direction and participation is essential to our success. Our advisory councils are always looking for new members. Monthly meetings are held to advise about programs, policies, and financial issues.

If you'd like to get involved, please contact a Lifelong Recreation Specialist, see page 5.

The Associated Recreation Council (ARC) is dedicated to serving Seattle's community in partnership with Seattle Parks and Recreation with citywide fiscal accountability, advisory council support, and community-focused leadership.

VOLUNTEER OPPORTUNITIES

We have many opportunities for you to get involved within your community!



- Lead a book club, bridge club, or mahjong group.
- Be a field trip van driver: tours and meals comp'd.
- Volunteer to instruct a class such as arts and crafts, fitness, or cooking.
- Be a walk leader with Outdoor Recreation or Sound Steps.
- Become a Seattle Urban Nature Guide.
- Help with program development by joining the Lifelong Recreation Advisory Council—see above.

Age Friendly Civic Coffee

Age Friendly Seattle hosts monthly FREE events called Civic Coffee where older adults can gather, meet local government and community leaders, learn about key issues, ask questions, and provide feedback. Currently, these events are held in-person at local senior centers and other community partner sites around Seattle, with an option for participants to join online. We offer live interpretation during these events in several languages.

Go to <https://www.agingkingcounty.org/virtual-events/> for information about the next upcoming Civic Coffee event, and <https://www.youtube.com/agingkingcounty> to watch previous recordings on our YouTube channel.

For questions or accommodation requests, please call 206-233-5121 or email agefriendly@seattle.gov. To learn more visit us at seattle.gov/agefriendly!



Age Friendly Seattle

Age Friendly Seattle is a citywide initiative that aims to make our community a great place to grow up and grow old. Since 2016, Seattle has been part of the global age-friendly movement. We focus on ensuring that people in our region can retain three key resources as we age: our health, our economic security, and our social connections.

To learn more visit us at seattle.gov/agefriendly!



Are you 60+ years old?

Then you qualify for a Gold Card **and** discounts at locations around King County!



Discounts include:

Seattle Aquarium: 75% OFF

Woodland Park Zoo: 75% OFF

Seattle Animal Shelter: 50% OFF

Pacific NW Ballet: 50% OFF

View Discounts:

Use your cell phone camera to scan this QR code →
OR visit
seattle.gov/agefriendlydiscounts.



You can apply online **at the link above**, or pick up a Gold Card at your local senior center, library branch, community center, Seattle Customer Service Center, Customer Service Bureau, or Seattle Animal Shelter. No application needed!

**If you are between the ages of 18 and 59 and have a disability, apply for a FLASH card at:*
seattle.gov/agefriendlydiscounts.



Are you facing aging or disability issues?

Community Living Connections
1-844-348-5464
www.communitylivingconnections.org

SENIOR CENTERS AND PROGRAMS FOR SENIORS

About...Senior Centers!

Senior centers are lively community hubs providing a warm, welcoming social space and affordable programs to enrich the lives of seniors and their families. Caring staff provide guidance through some of the challenges of aging and navigating the network of community and government resources. Many senior centers provide counseling and support services, health services, fitness programs, financial and legal assistance, transportation options, and meal programs.

Center/Program Locations

Ballard NW Senior Center

5429 32nd Ave. NW, 98107
206-297-0403 / ballardseniorcenter.org

Central Area Senior Center

500 30th Ave. S, 98144
206-726-4926 / <https://casrcenter.org/>

Club Bamboo

3639 MLK Jr Way S, 98108
206-774-2440 / www.acrs.org

El Centro de la Raza

2524 16th Ave. S, 98144
206-957-4634 / www.elcentrodelaraza.org

Ethiopian Community Center

8323 Rainier Ave. S, 98118
206-325-0304 / www.ecseattle.org

Generations Aging With Pride

206-495-8312 / gapseattle.org

Greenwood Senior Center

525 N 85th St., 98103
206-297-0875 / phinneycenter.org/gsc/

International Drop-In Center

7301 Beacon Ave S, 98108
206-587-3735 / www.idicseniorcenter.org

Kin On Community Center

4416 S Brandon St, 98118
206-556-2237 / <https://kinon.org/>

Lake City Senior Center

*Site Temporarily Closed—
Running Programs at*
Lamb of God Lutheran Church
12509 27th Ave. NE, 98125
206-268-6738 / lakecityseniors.org

Lifetime Learning Center

3841 NE 123rd St, 98125
206-949-8882 / lifetimelearningcenter.org

North East Seattle Together (NEST)

8008 35th Ave. NE, 98115
206-525-6378 / www.nestseattle.org

Pike Place Senior Center

85 Pike St, #200, 98101
206-728-2773 / pmsc-fb.org/

Sea Mar Latino Senior Nutrition and Outreach Program

Various Locations
206-764-4700 / seamar.org

Salvation Army Senior Center/White Center

9050 16th Ave. SW, 98106
206-767-3150 / tsawwhitecenter.org

Southeast Seattle Senior Center

4655 S Holly St, 98118
206-722-0317 / sessc.org

South Park Senior Center

8201 10th Ave. S, 98108
206-767-3650 / spseniors.org

Sunshine Garden Chinese Senior Community Center

611 S. Lane St, 98104
206-624-5633 / cisc-seattle.org

The Center for Active Living

4217 SW Oregon St, 98116
206-932-4044 / sc-ws.org

Wallingford Community Senior Center

4649 Sunnyside Ave. N, 98103
206-461-7825 / wallingfordseniors.org

REGISTRATION



FIRST CHOICE

Go to Seattle Parks and Recreation at http://bit.ly/spr_registration_account. Sign in, or create an account if this is your first time registering for classes. Once you are logged in, choose your program/programs and pay online.



SECOND CHOICE

Find your local recreation center at: seattle.gov/parks/centers.asp and stop by to register for programs and meet the staff. Please note hours of operation, as they vary across recreation centers.



THIRD CHOICE

Call your local recreation center during their hours of operation at the phone number listed on page 5 of this brochure, and found online at seattle.gov/parks/centers.asp. All staff can assist you with registration.



FOURTH CHOICE

Register by phone with our Business Service Center at 206-684-5177. The Business Service Center is open Monday through Friday between 8:30 a.m. and 6 p.m. Questions may be emailed to: ParksBSC@seattle.gov.

Parks Management and Professional Staff

Magnuson Bldg 30, 6310 NE 74th St, Seattle 98115
206-684-4951 • Fax 206-684-4957 • TDD/TTY Only 206-233-1509

Parks Management

AP Diaz, Superintendent
Aphrodyi Antoine, Director of Recreation
Kyle Bywater, OOC Matrix and Partnerships Manager

Professional Staff

Carol Baxter-Clubine,
Recreation Program Coordinator, 206-849-6564
TBD, Administrative Specialist, 206-684-4951

SCHOLARSHIP INFORMATION

Seattle Parks District Scholarship funds may be available to those who qualify. A pilot program for 2025-26 will extend scholarships to those who already qualified for 2024-25 for one additional year. If you are new and need to apply:

- Print the 2025-26 application form and fill out completely. To apply online with **CiviForm**, or to download forms to fill out, visit www.seattle.gov/parks/scholarships-and-financial-aid.
- Gather required income and household size (proof of dependents) documentation. Page one and two of your 2024 IRS 1040 form is required.
- Submit your application and documents (black out all social security numbers and bank routing numbers before submitting).

Note: Scholarship funds are limited, apply early as applications can take up to two weeks to process and must be approved prior to registration.

How to submit your application

Preferred method:

Use the new **CiviForm**, or email your completed application forms and supporting documents to Scholarship.Parks@Seattle.gov —printable photo attachments or scanned documents are accepted at this time.

Or mail to:

Seattle Parks and Recreation Business Service Center
Elliott Bay Office Park
Attention: Scholarship Office, EBOP #14
Elliott Ave. W, Suite 100, Seattle, WA 98119

Here are some beginning qualification guidelines:

Scholarship Eligibility		
Eligibility % Level	1 Person in Household— Yearly Income Range- Adjusted Gross	2 People in Household— Yearly Income Range- Adjusted Gross
90%	\$0 to \$33,975.00	\$0 to \$45,775.00
80%	\$33,975.00 to \$38,221.88	\$45,775.00 to \$51,496.88
70%	\$38,221.88 to \$42,999.61	\$51,496.88 to \$57,933.98
60%	\$42,999.61 to \$48,374.56	\$57,933.98 to \$65,175.73
50%	\$48,374.56 to \$54,421.38	\$65,175.73 to \$73,322.70

Registration Information and Refund Policy

Payment

Payment is due when you register, unless we have indicated otherwise. If your check is returned for insufficient funds, your registration will be cancelled until you pay the amount due plus a \$20 fee. Registration is not complete and a spot in the class cannot be held without payment in full.

Fees and Charges

ARC: Our Advisory Council provides the programs and activities listed in this brochure under an agreement with Seattle Parks and Recreation. Fees are used to offset the cost of providing the programs. Program charges include a user fee paid to Seattle Parks and Recreation to defray operating costs. Washington State sales tax is also included where applicable.

City: Fees and charges are necessary to provide financial support to Seattle Parks and Recreation for the operating costs of programs, facilities and grounds. The revenue generated by these fees constitutes only a portion of funds required for operating and maintaining the Parks system. All fees collected from activities and concessions are used exclusively for the Parks system as these funds are deposited in the Parks and Recreation Fund, not the City General Fund. Swimming pool fees and charges are set by City Council.

Confirmations

Sorry, we cannot confirm class registration by mail or phone, but we will notify you by phone if your class is postponed or cancelled.

Refunds: It is the policy of Seattle Parks and Recreation and the Associated Recreation Council that:

- A full refund will be issued for any class, trip, or reservation that is canceled for any reason by the Department or the Associated Recreation Council.
- Satisfaction Guarantee-Any person who registers for a CLASS and who requests a refund before the second class session may receive a prorated refund minus a service charge.
- Any person who registers for a TRIP and requests a refund 14 days or more before it's start, may receive a refund minus a service charge.
- A transfer from one class to another is permitted without cost if done on the same business day as the original registration, and is subject to space availability.
- No fee is charged for a transfer initiated by Seattle Parks and Recreation staff when done to correct an error in registration or allow for a better recreation opportunity.
- Please read the entire policy 7.16 for specific information.
- An extra process is required for child care refunds or transfers. There will be no refunds or make-up classes for activities missed due to illness or vacations.

Class Cancellations

To cover the cost of providing a program, we need a specific number of participants. If too few people sign up for a class, we must cancel it. We'll notify you (at the latest) one or two days before the class start date. When possible, we will postpone a cancelled class for a week to allow for more enrollments; if the class minimum is not met by then, we will have to cancel it.

Scholarships

Seattle Parks and Recreation wants to ensure that our activities, classes, and sports are available to everyone, regardless of their ability to pay. To apply for a scholarship, please talk to one of our Recreation Specialists.

Wait Lists

We will create wait lists for all filled classes and trips. Please be sure to sign up if you are interested in a class that is full, because class openings often become available. If demand is high, we will try to form another class. Please contact us for space availability. If you cannot attend a class or trip you are registered for, your spot will be given to the first person on the wait list.

Anti-discrimination

As a matter of policy, law, and commitment, Seattle Parks and Recreation does not discriminate on the basis of race, color, sex, marital status, sexual orientation, political ideology, age, creed, religion, ancestry, national origin, or the presence of any sensory, mental, or physical handicap.

Accommodation for People with Disabilities

We will make reasonable accommodation, upon request, for people with disabilities. For sign language interpretation, auxiliary aids, or other accommodations, please email kyle.bywater@seattle.gov. Please allow 10 working days' advance notice. If a class or activity is scheduled in an area that is not accessible for wheelchairs, we will make every effort to help you find a similar program in an accessible location.

Specialized Programs

For information on programs for youth/adults with disabilities, please call the Specialized Programs Office at 206-684-4950, or visit the web at: <https://www.seattle.gov/parks/find/for-people-with-disabilities>.

More Information

For information about Parks and Recreation facilities, recreation programs, picnic shelters, and scheduling, please visit our web site at www.seattle.gov/parks, or call our Public Information line, 206-684-4075, or TDD/TTY 206-233-1509.

Wondering which Lifelong Recreation program is right for you? In general, Lifelong Recreation Programs are designed for (independent) people age 50 and better, but we also offer specifically designed programs for those living with dementia or chronic pain. If there is an accommodation that you need to better access one of our programs, please contact the recreation specialist in your area.

As of July 6, 2015, all of Seattle's public parks are smoke-free! Smoke-free parks help reduce litter, promote healthy lifestyles for youth, and create a welcoming environment for all park users. Smoking is allowed in public rights-of-way including sidewalks. For more information visit seattle.gov/parks/smokingban/.

DISCLAIMER NOTE

Although we strive to be accurate, this brochure is published for information purposes only. Changes may be necessary to the content depending on levels of participation or other factors, and fees may change after City Council action on the City budget each year. Please visit www.seattle.gov/parks for updated information.



Seattle
Parks & Recreation

Lifelong Recreation

Magnuson Building 30

6310 NE 74th St

Seattle, WA 98115

CHANGE SERVICE REQUESTED

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PERMIT 152



**Dementia
Friends
Washington**



A Dementia Friendly America initiative

Become a Dementia-Friend! Join a free Dementia Friends Information Session where we'll talk about what dementia is, the most common type of dementia, key messages to know, communication tips, brain health, ways to help foster dementia-friendly communities, and helpful resources. Open to all! *Full description on page 41.*

Thursday, January 15 at 1:30 p.m., Rainier Beach CC, #85852